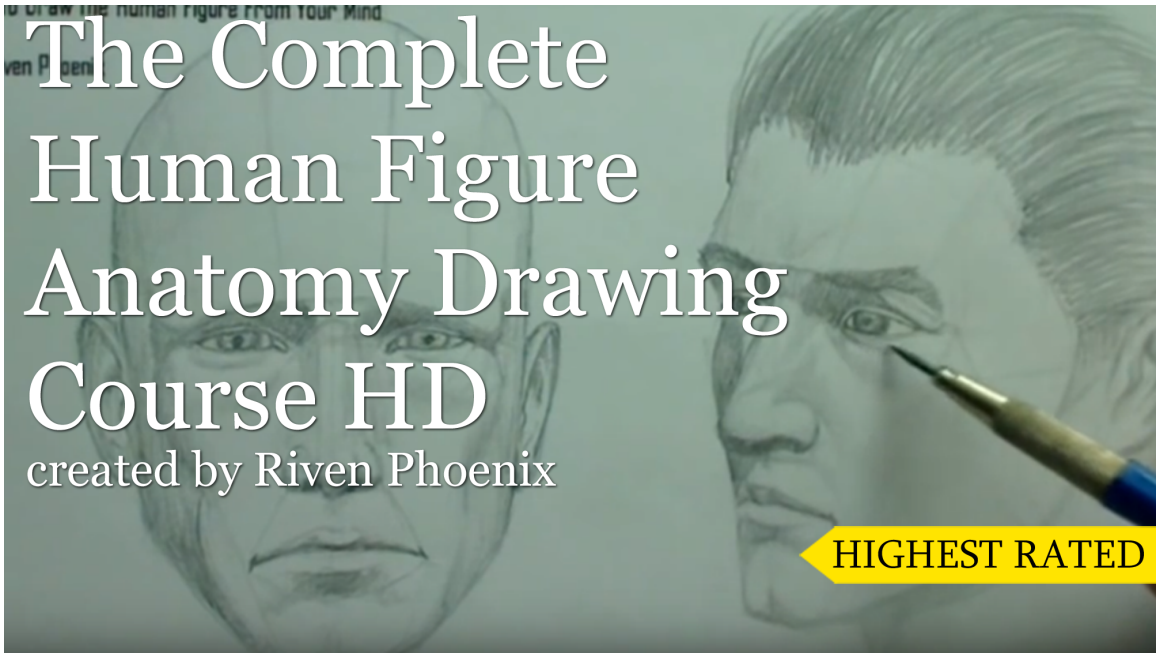

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

www.alienthink.com

Figure Drawing Lesson 177 - The Muscles of the Pelvis & Leg - Part 11

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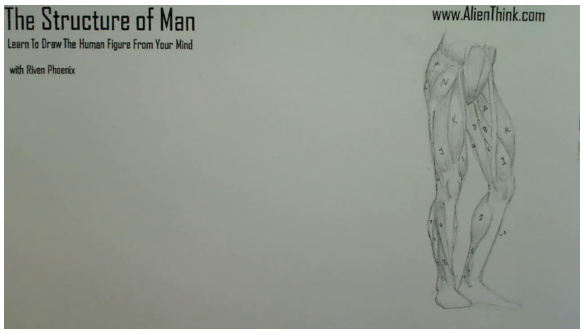
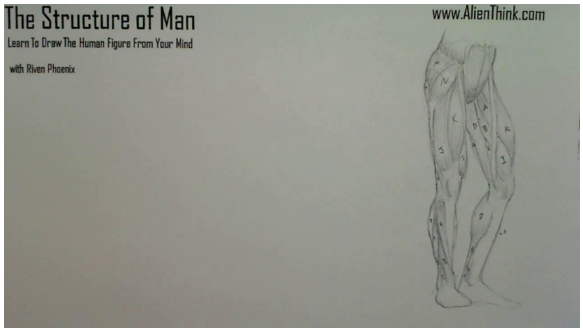
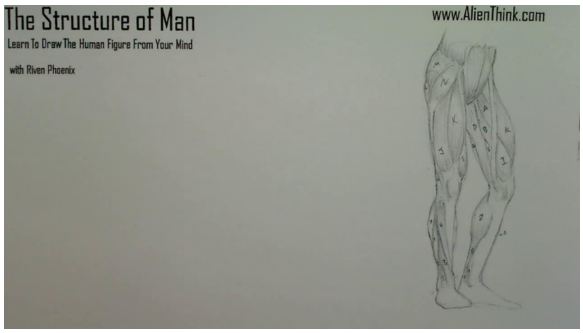
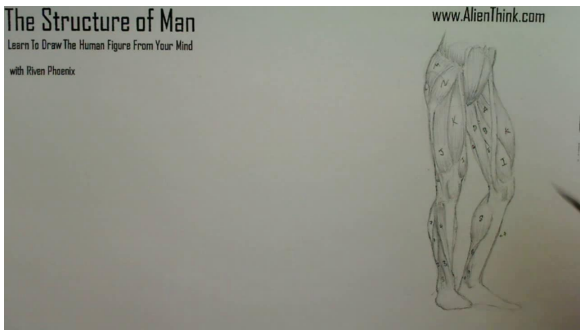
1		Hey guys, my name is Riven Phoenix and welcome to the structure of man, learn to draw the human
2		figure from your mind training course.
3		Okay, so in the previous lesson we went through this understanding of the figure, seeing
4		that how easy it was to put all the muscles together on the leg.

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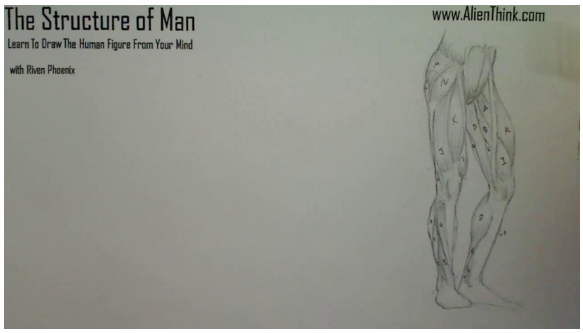
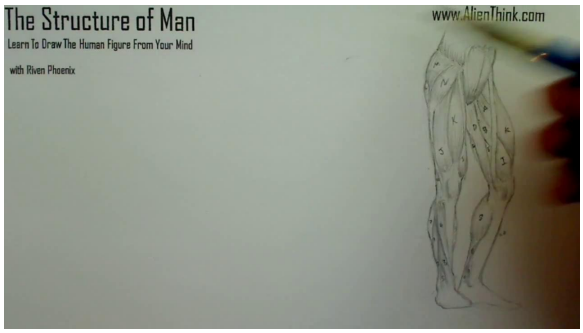
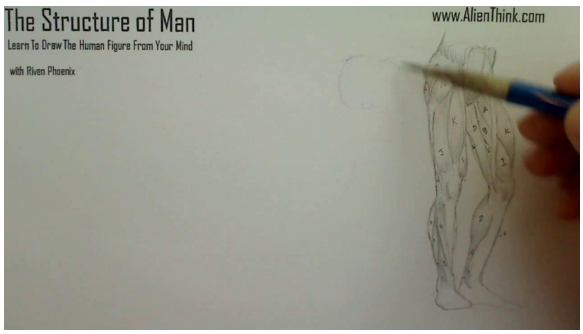
5		So now what we want to do is look at the back view and see that okay, well, how does
6		this change our understanding for the back and the back in the way we draw out the figure.
7		So here I'm just going to draw out the figure over here.
8		I'm going to just draw out the back of the figure, so we'll just do it this way over

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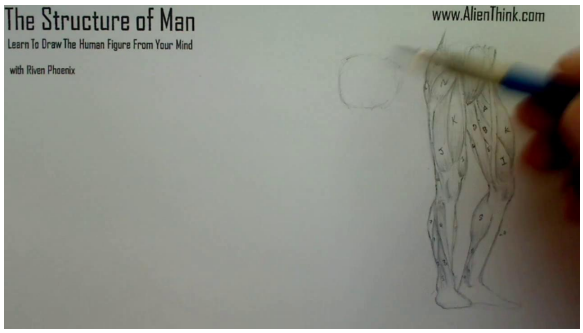
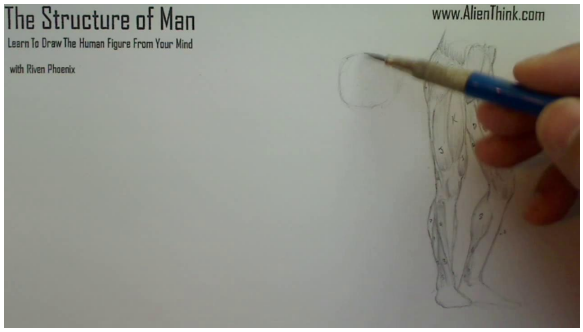
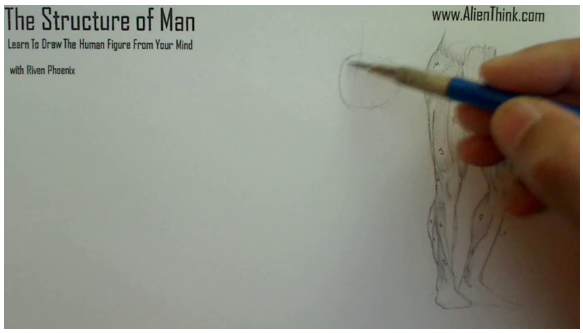
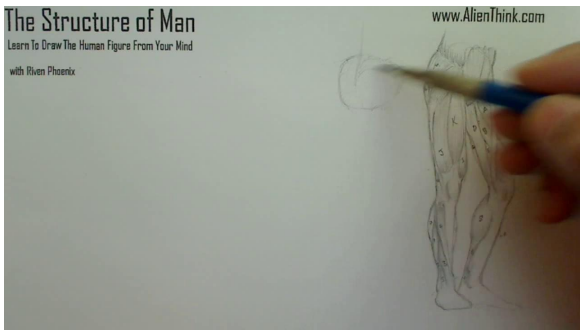
9		here.
10		Okay, so in when we draw out this, right, we know that okay, look, the spine is going to
11		be going in this way and this is where we really have to just think about our mannequin
12		system.

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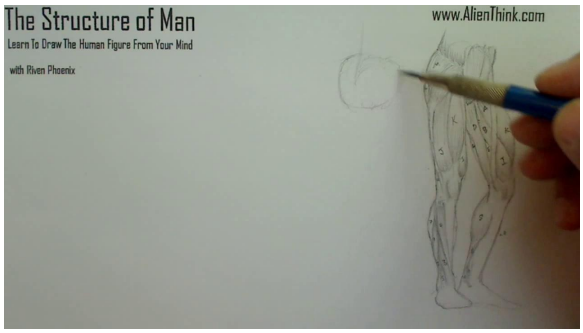
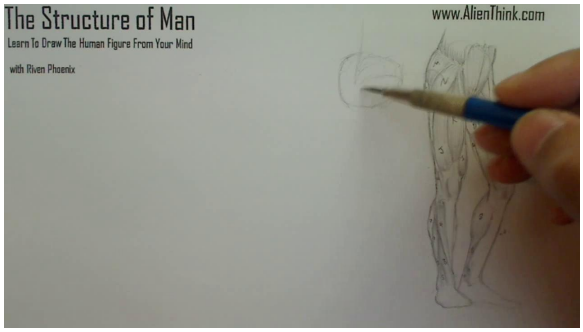
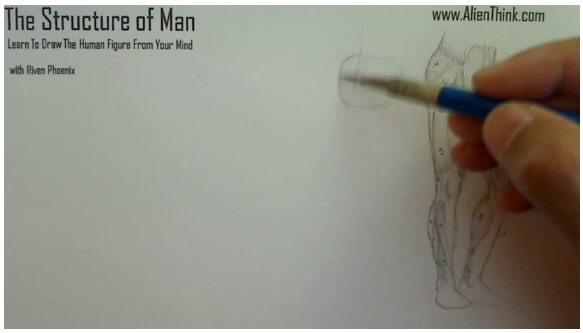
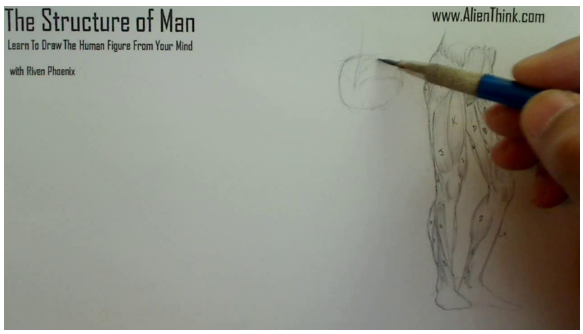
13		We talked about this that, right, this is really going to be that underwear system and
14		this guy is just going to come like this over here, right, we're going to get the mannequin
15		system like this and it's going to be going around this concept, right, so from here
16		we said, right, just put these two lines here on that idea.

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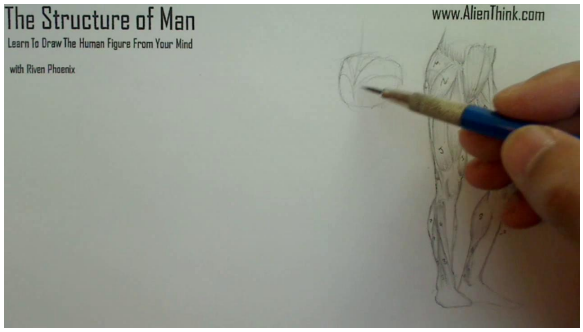
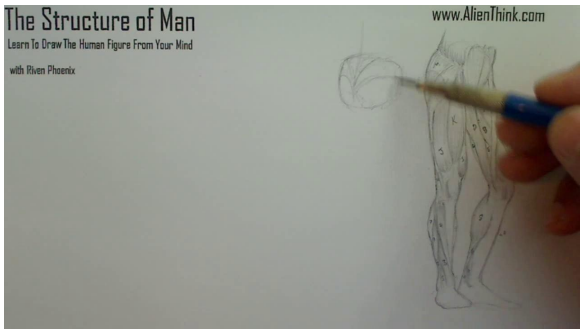
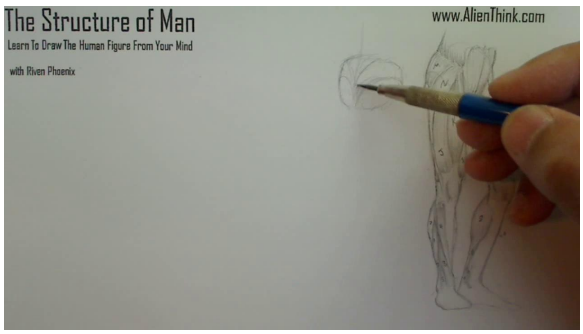
17		So when we did that, we said, okay, well, just do it like this over here, right.
18		So what is to understand about this idea is that okay, well, here we have to now think
19		about, right, they're just going to go like this, we said that the legs are just going
20		to be like this over here and then we started to do the legs, right, so we know that in

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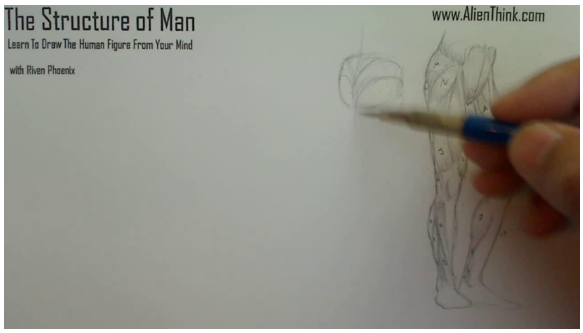
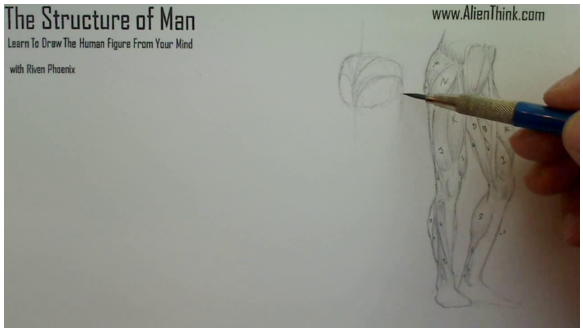
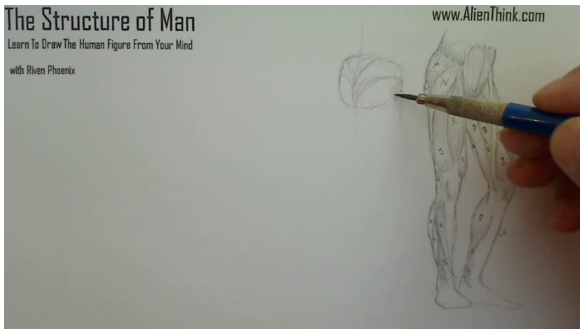
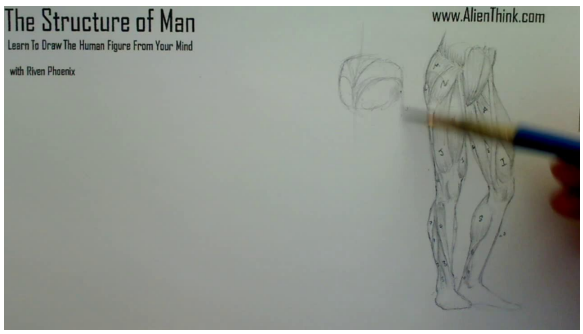
21		the muscle system, the buttocks would have to come down here, right, so this is what mannequin
22		system allows us to do is understand to where based on the relationship of where the femur
23		is going to be, we would know that right, the buttocks would have to come down, right,
24		so to understand this a little bit, we're just going to have to draw this out.

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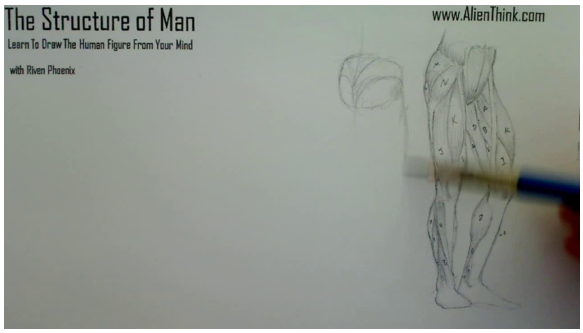
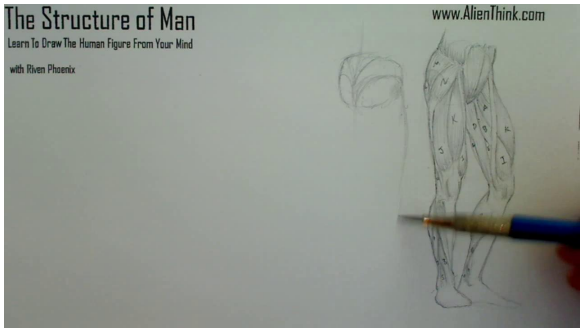
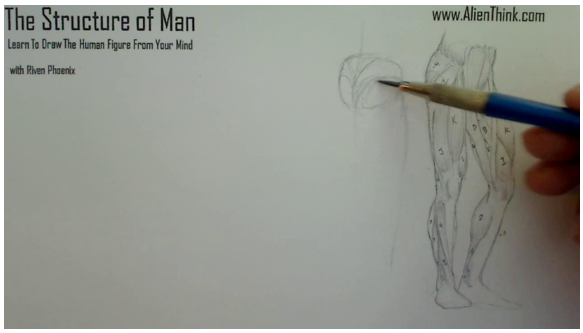
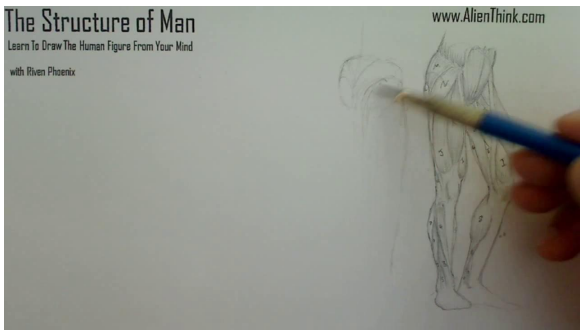
25		What is it that we're saying?
26		So let's just do one leg, one leg like this over here and then we know that okay, over
27		here I'm going to get pretty much the other leg over here, right, this is like our understanding
28		of the of the mannequin system that just goes like this and here we'll see that when

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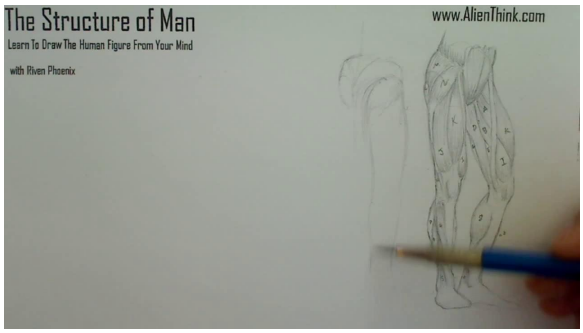
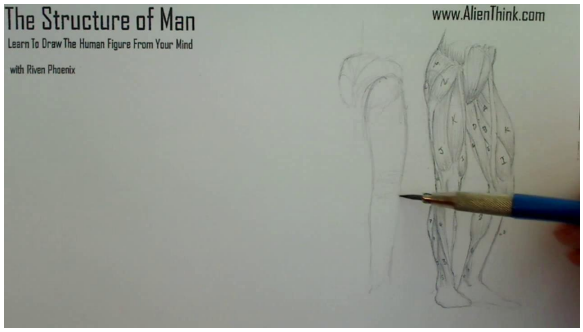
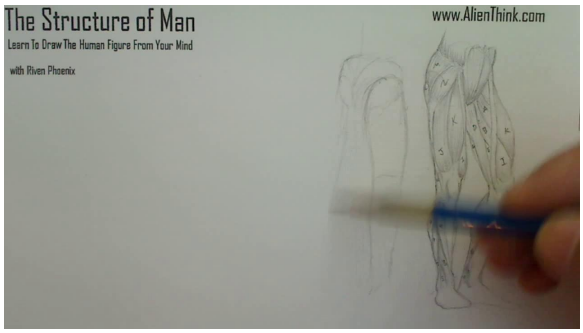
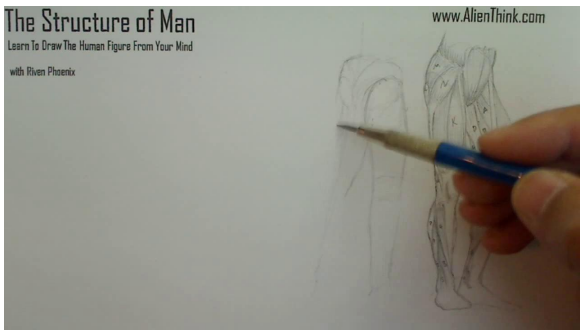
29		we draw the mannequin system in the future we can actually make it look, make it fit our
30		ideas a little better, right, so over here we know that okay, I'm just going to let's
31		say draw out this leg over here, right, so now we know that okay in the mannequin system
32		what I want is I want to understand how to draw out, let's say this leg over here and

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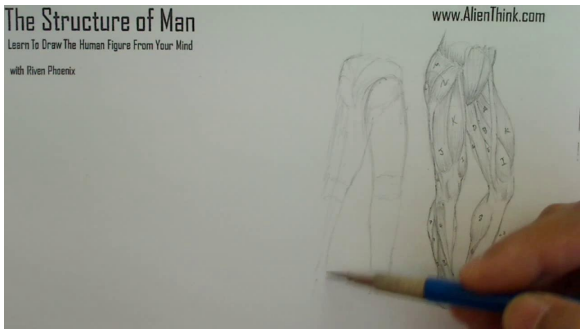
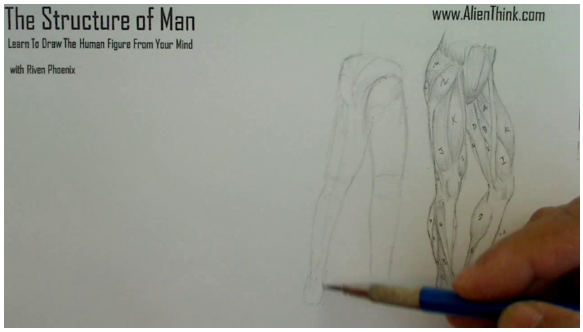
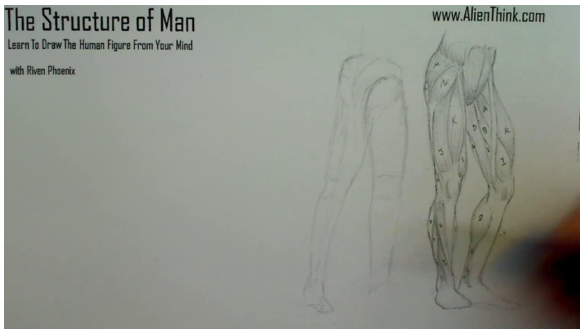
33		I want I'm going to draw out the other leg like this, right, so let's just say that this
34		foot is going to be like this, it's going to be curving in a little bit or something like
35		this, okay, then over here we can just just kind of like do the same thing over here and
36		say that okay this foot is just going to be like this over here, right, so over here

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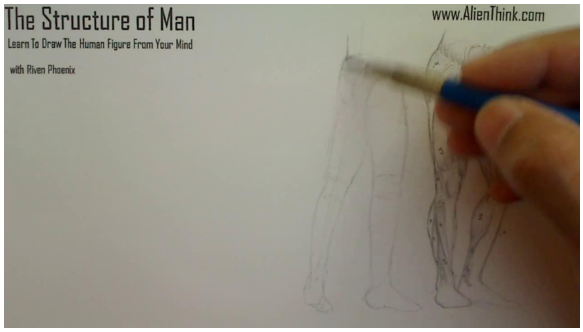
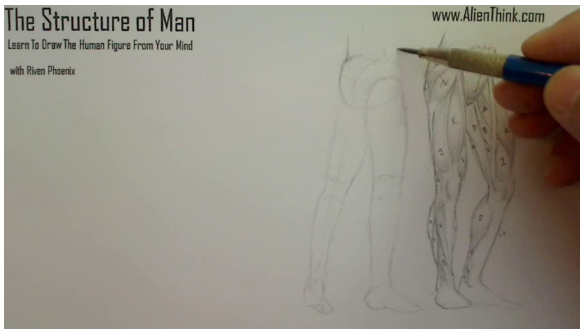
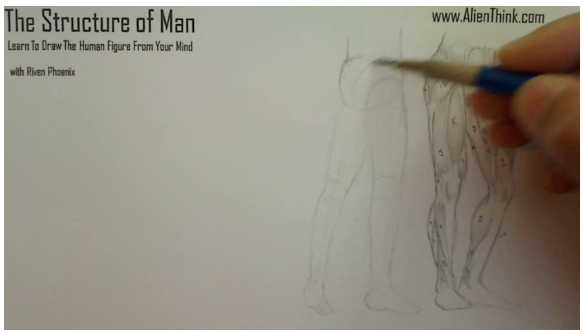
37		let's understand this a bit more, right, so basically what I'm saying is that okay, look
38		you're you're just going to do the ball shape here in the mannequin system, right, you're
39		going to know that okay, I'm going to get my love handles and this is what the basic
40		idea of the whole system is that you just put these two lines here, you get your under

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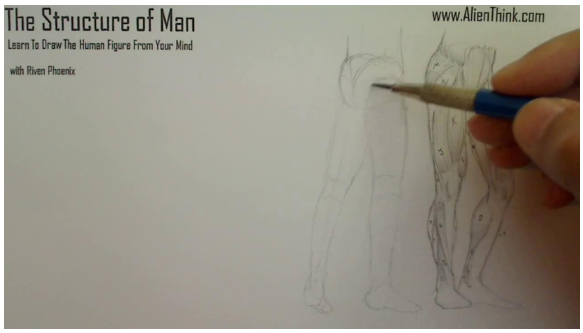
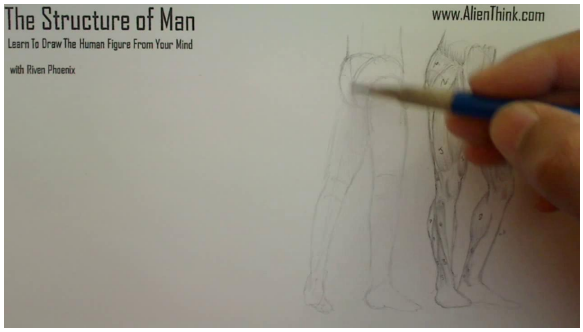
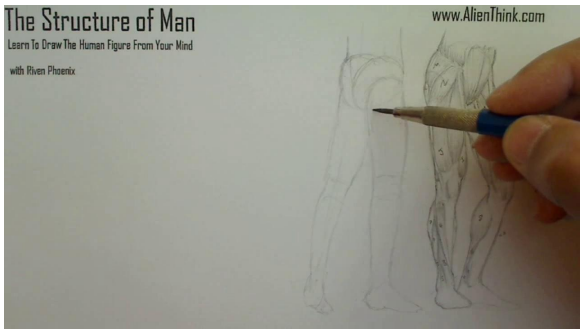
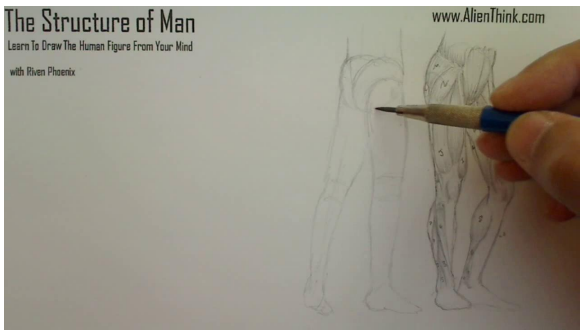
41		system, right, so you know that okay I'm just going to get my legs like this and he's going
42		to go right inside over here, right, just the basic concept of it, right, so to understand
43		this we know that okay, look if the we're going to say that the femur is going to be here
44		so the botox muscle they have to come at least all the way down over here, right, this

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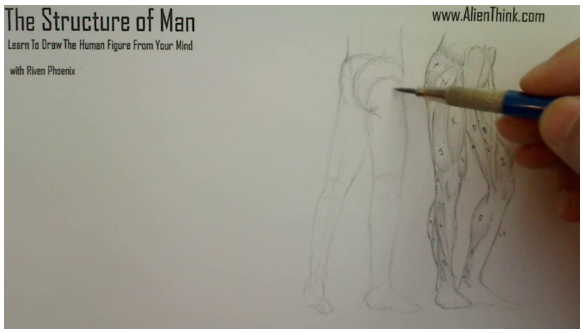
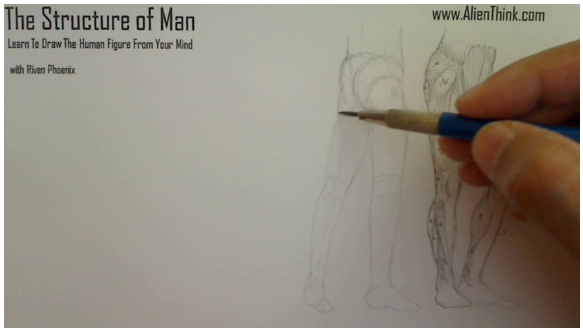
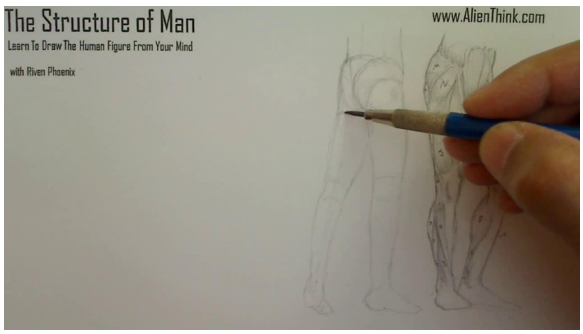
45		it's just understanding the relationship that how much the botox muscle have to come down
46		because everything else is just fine, right, so this botox muscle is basically going to
47		be going like this over here and then he's going to go in because the thing is we have
48		to think in 3D that he's trying to get to the other side of the leg, okay, so let's first

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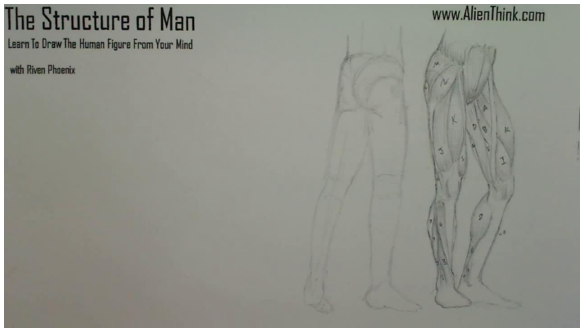
49		figure out some of the muscles here so we can understand this because this is easy to
50		understand from the back also, okay, so the first thing we'll do is understand this botox muscle
51		over here, so we know that okay, look I'm going to get this muscle over here that I know
52		that he's going to start to curve in and we also already set that okay, it's going to

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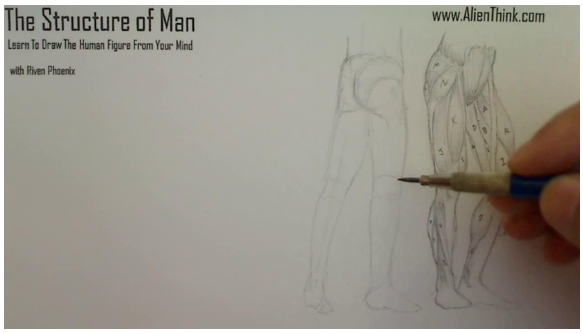
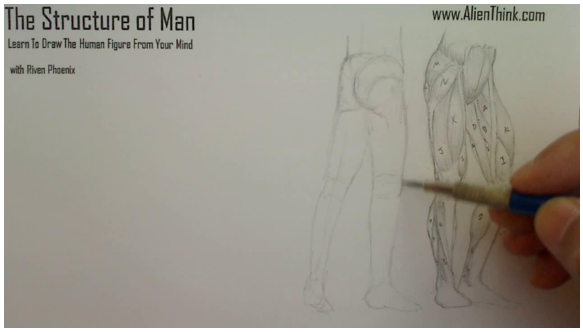
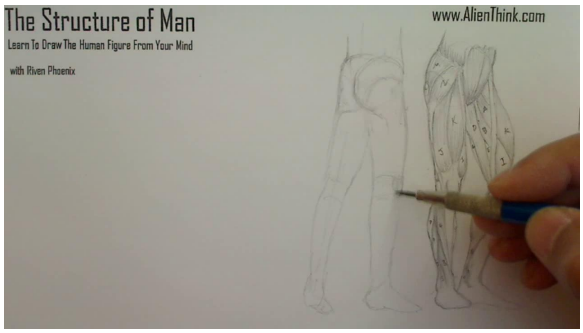
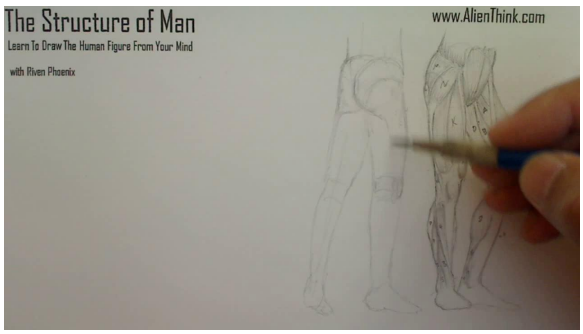
53		go like this, so which way is my knee going to be facing, so here I'm going to say that
54		okay well the knee really should be facing that way meaning that I'm going to get the
55		femur and the tibia right over here, right, remember this section can be more in, so
56		once we get this we know that okay well over here we know technically we're going to get

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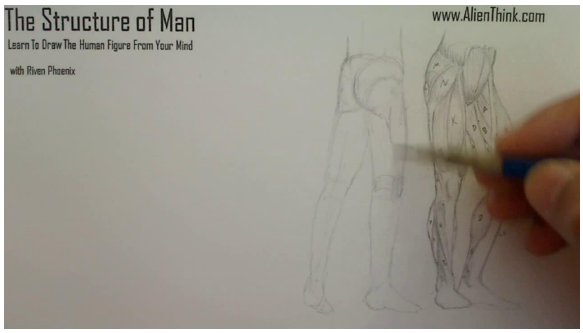
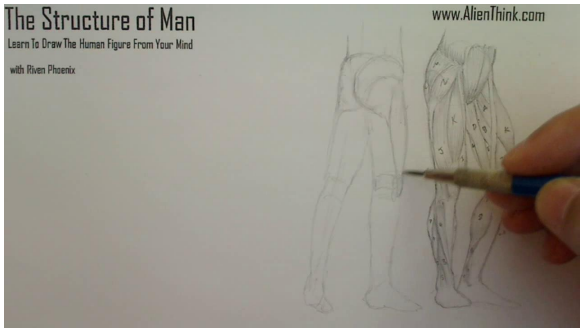
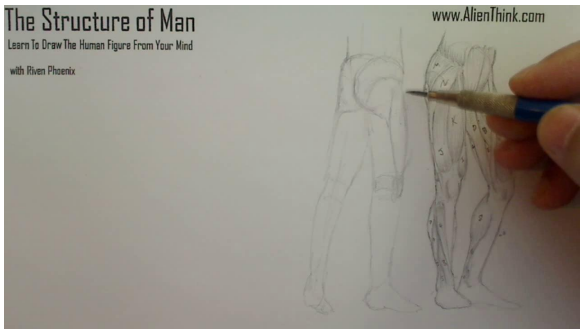
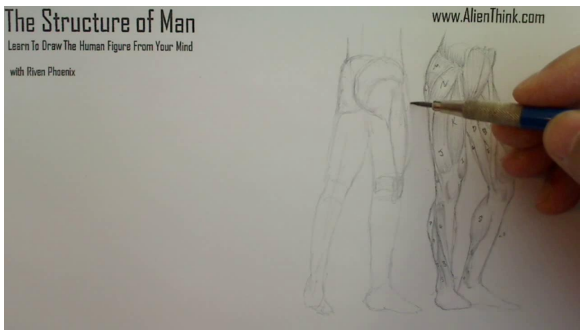
57		at least j all the way down here, right, because we know that j comes in quite a bit, it does
58		come quite a bit, right, so and we know that okay from the side of this over here I'm going
59		to also get a little j over here, right, so here we know that okay well we're going to
60		get pretty much a big version of j over here, right, so meaning that we have to understand

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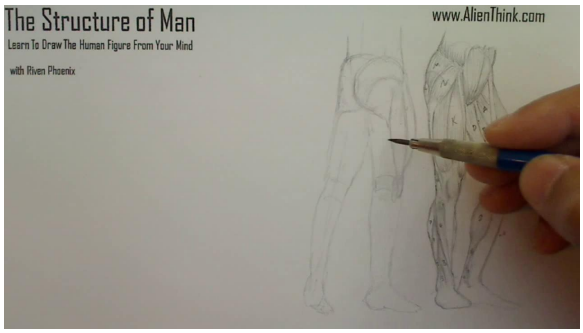
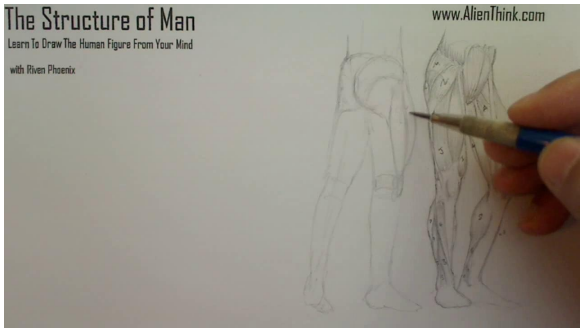
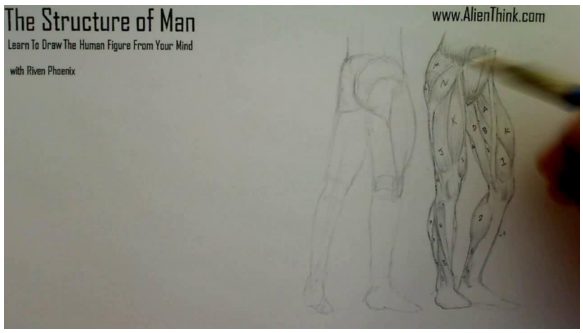
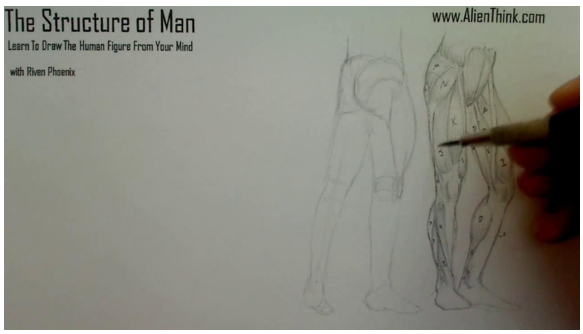
61		this from the angle, right, it's kind of like from the almost like from the side we used
62		to why in the world is j going to be so big over here, right, why are we making j so big
63		is because j is pretty big, remember if this is on the angle, this is a flatish area,
64		so what happens is that because of the way the back muscles are, say, the way the back

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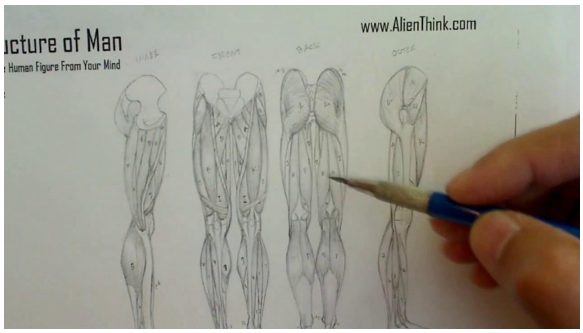
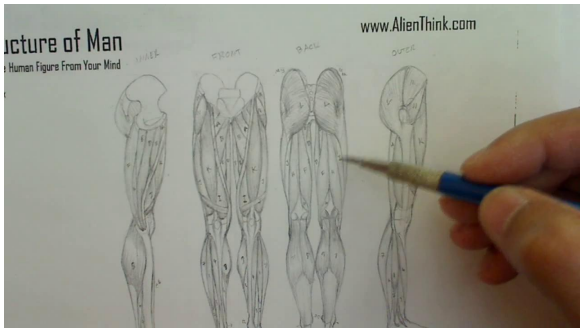
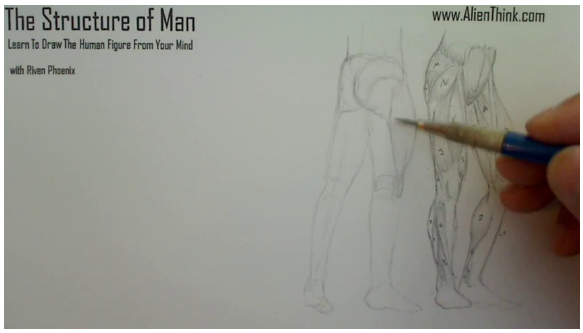
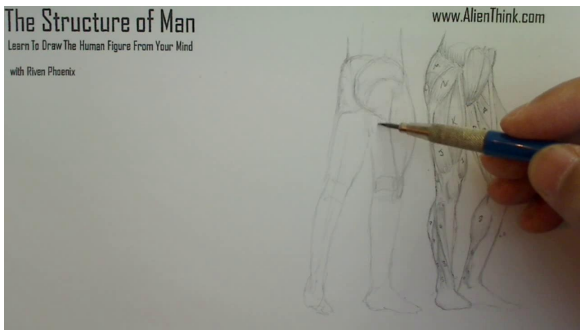
65		muscles are, you know that if it has two guys over here, right, and look at j here, this
66		is j, he's on this angle, there's an angle here, right, so he's always going to appear big
67		but he's really not because we're kind of looking from the side, right, so we know that
68		okay well this is easy, this is easy because from here I know that I'm going to get muscle

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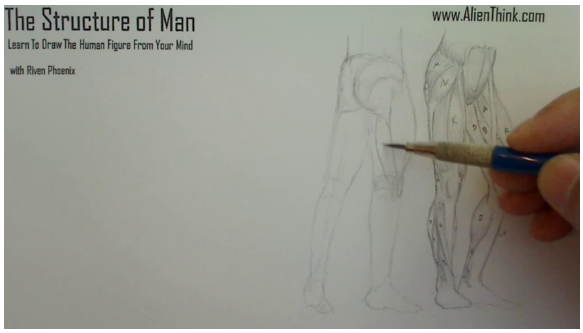
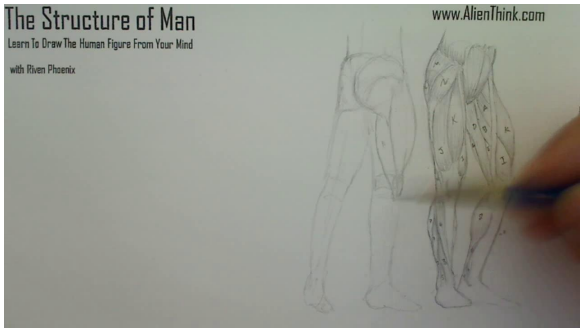
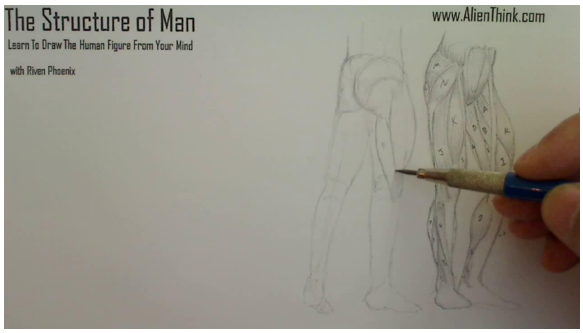
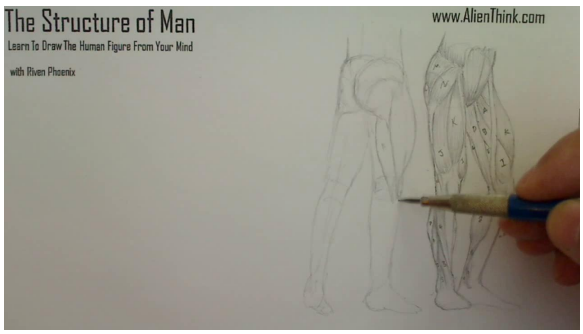
69		age over here, right, he's going to come down and we said that he's the one that connects
70		to the fibula over here, right, the fibula would be just about here, right, so we just need
71		to map these muscles first to get the mind used to it, even if the mind goes through a little
72		bit of frustration process that's flying, just understanding how to think of these

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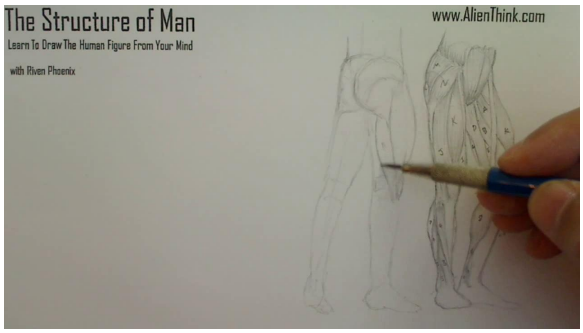
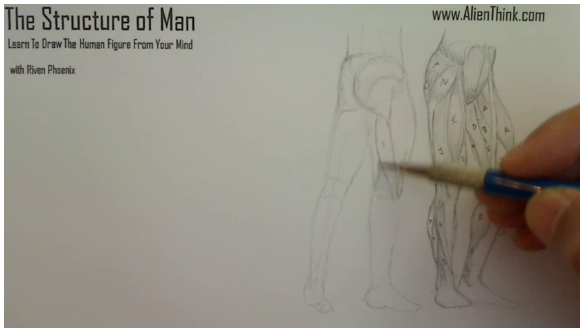
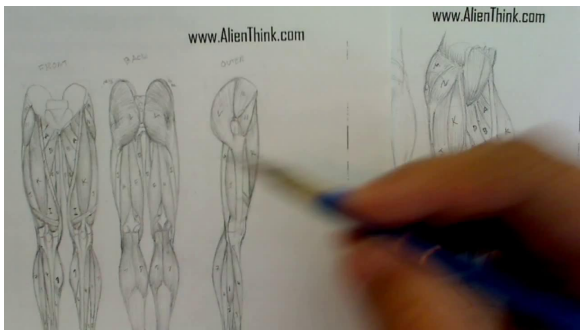
73		as bigger forms, right, so then you're going to get all we see on the other side, that
74		idea and then we know that okay well from here I'm going to get that muscle, it's going
75		to be peeking out from here, right, just like this, so this muscle here, we're talking
76		about is going to be F and look at j, right, so now you got F because he's going to be

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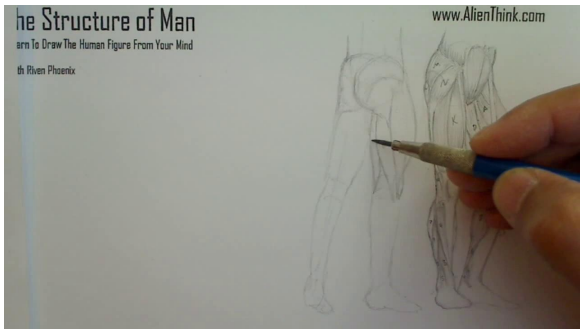
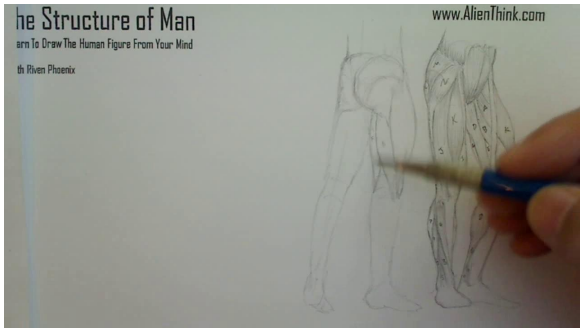
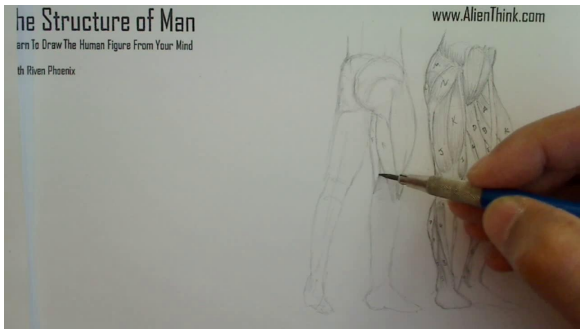
77		pretty big over here, the F is considered the bicep of the, I'm sorry, H is considered
78		the bicep of the muscle then you got F, then over here when you get this idea you can
79		say that okay I understand about this concept here that over here I'm going to see a little
80		bit of G over here, G, right, so it's just going to go like this over here, it's just going

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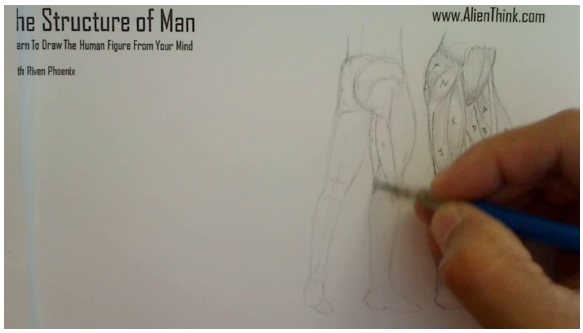
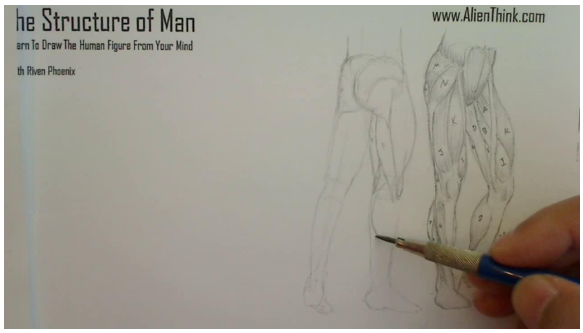
81		to be a very simple concept over here, and then over here we know that okay I'm going
82		to start to get the calf muscles and they're just going to go like this over here, right
83		and remember where the calf muscles go, they go into the back of the heel, right, and
84		then you're going to also be getting that underlining muscle, so we talked about, so I know

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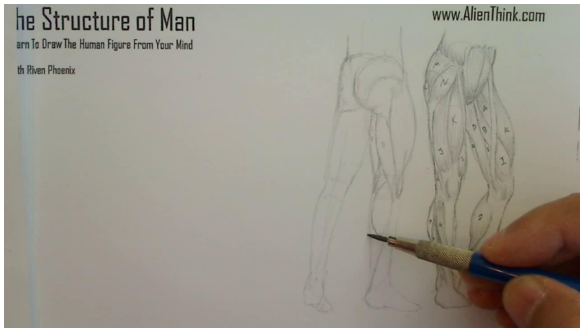
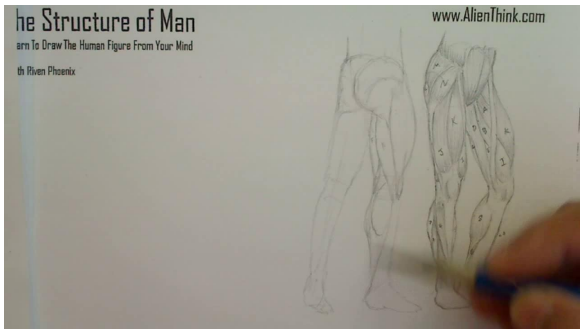
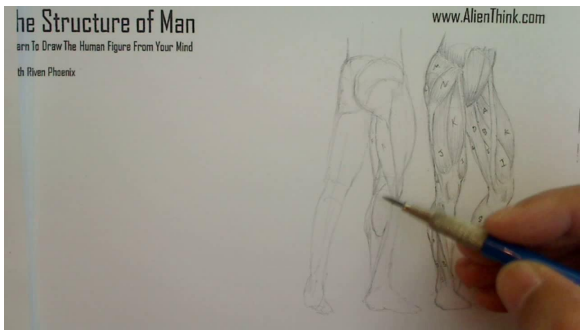
85		that okay I'm going to understand I'm going to get one calf muscle over here, then on
86		the other side I'm going to get the other calf muscle, that's going to go like this over
87		here, right, and this guy is again layered on top of the other muscle, so over here
88		he's going to be number seven, and he's going to be number eight, and just know that

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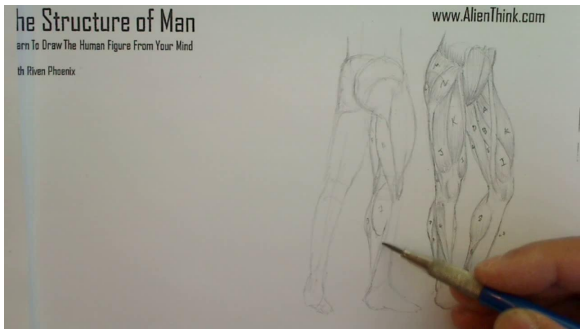
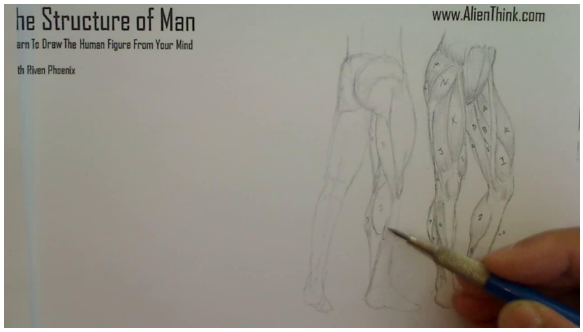
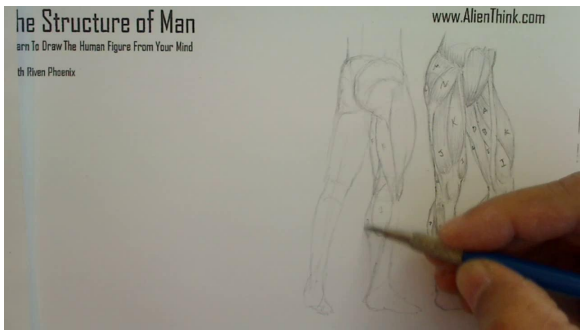
89		over here where we're doing this, right, it's going to be in here that he's going to
90		be number six, we're really not going to see too much of number six from this angle,
91		but know that that's what's going on, okay so I got number seven over here, then I got
92		number eight over here, he's just going to go like this, I'm going to understand that

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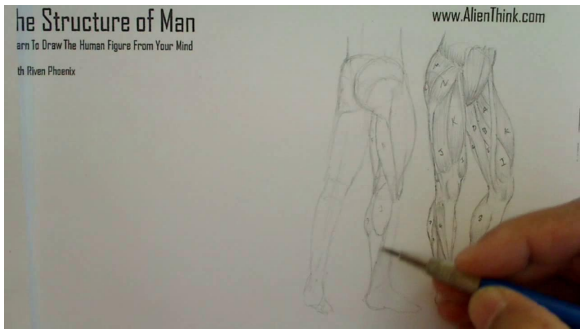
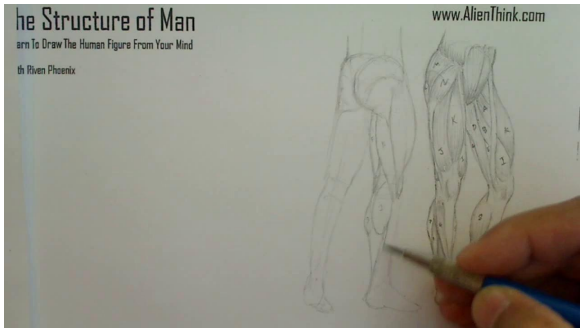
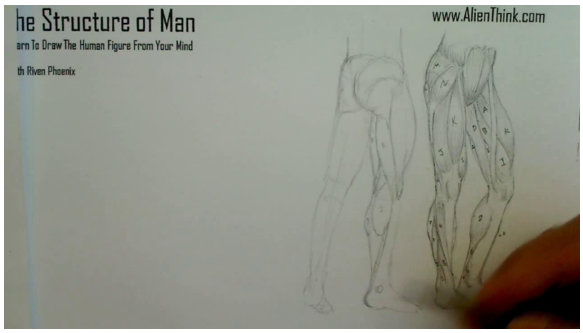
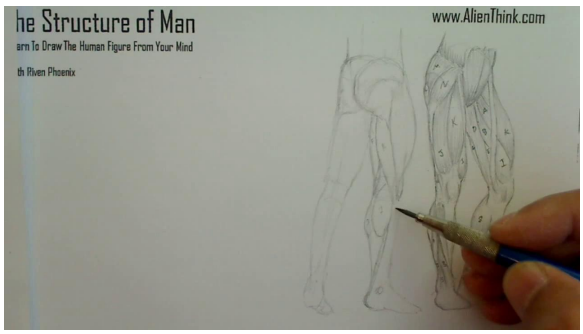
93		right seven is here, then I know that I'm going to get, I'm going to see a little bit
94		of six over here, right, and this is where my ankle is going to be for the fibula, right,
95		over here, okay so when I get number six, we already know, okay well you got the fibula
96		connected from here, so obviously we're going to get one and two, right, one and two are

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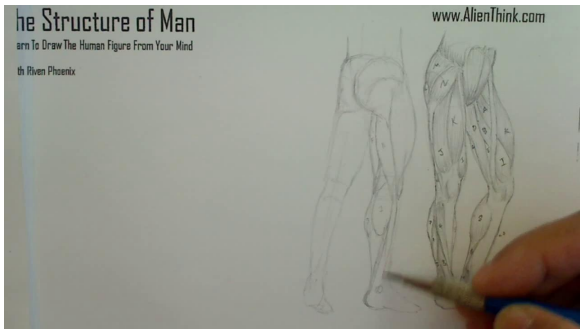
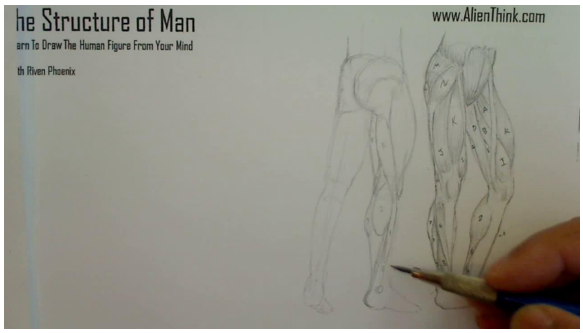
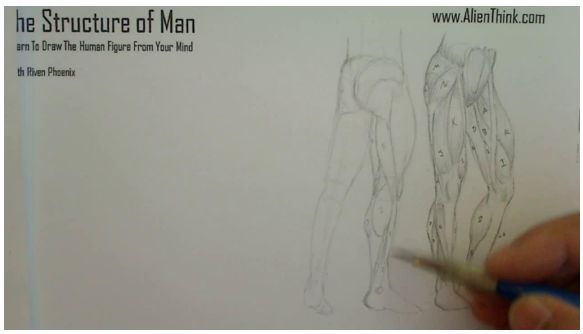
97		just going to come like this over here, and you know that okay well one and two, right,
98		so I'm going to erase some of this stuff here, then who's after one and two, we know that
99		okay well, let's think about this, we know that there's a muscle that's going to be going
100		like this over here, right after one, we know that okay well we're going to see a little

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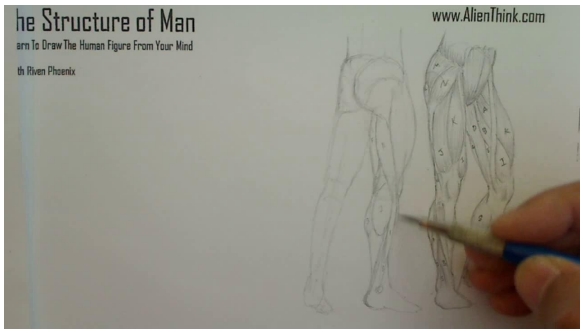
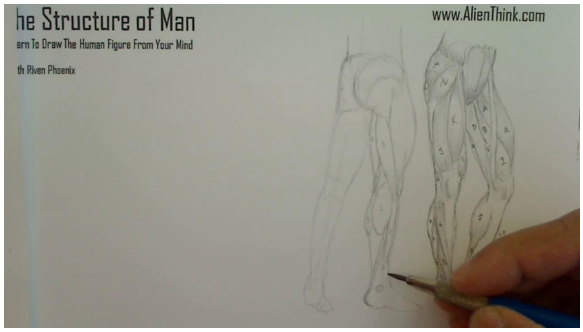
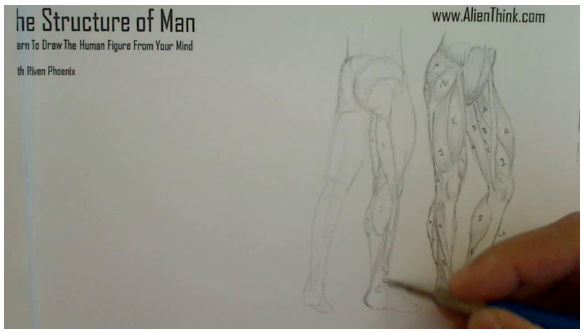
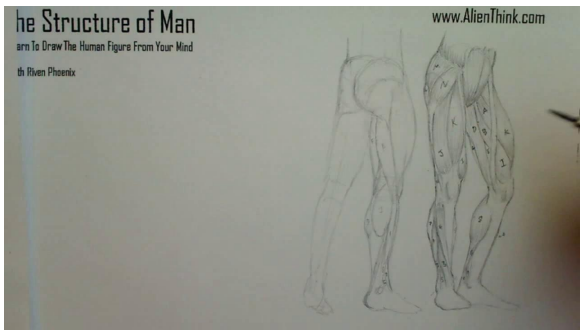
101		bit of four because he's already gone to the other side, then here we're going to see
102		number three, right, so we're going to see three and then we're going to see five, and five
103		is just coming in this way, right so here I'm just showing you how we can just visually
104		figure this out as to how these muscles are going to be from the path, right, very easy,

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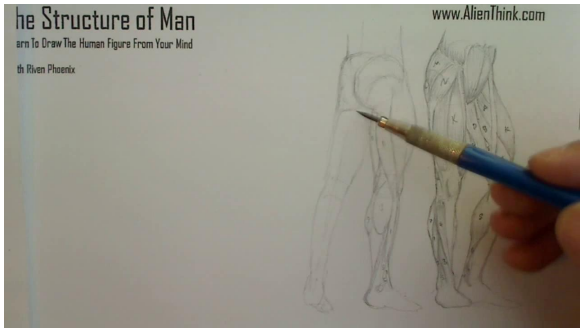
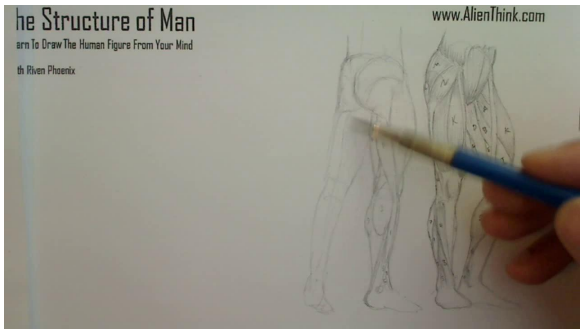
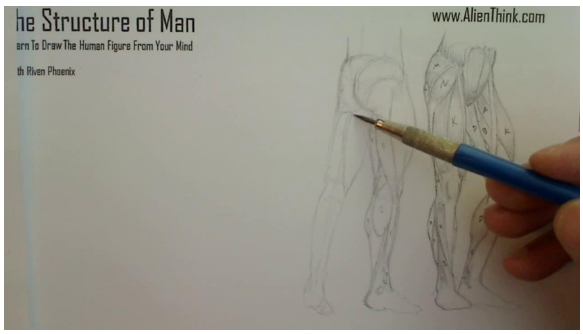
105		concept, and I think you're getting the idea of what's going on over here, okay so the
106		rest of this is going to be very easy, we already know, okay well this is where we're going
107		to now start to get, let's say over here we're going to get the muscle division over here
108		now, right look where this is, look where this is, it's not, it's like most closer over here,

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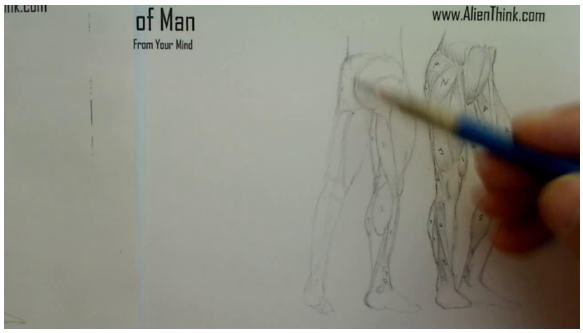
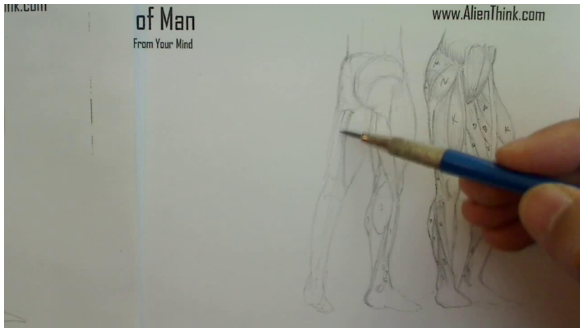
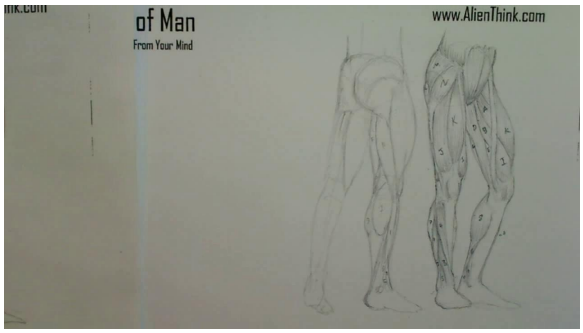
109		right so this line is going to come from here meaning that your division really has to be
110		more on here, right, because now you're seeing the inside of the leg starting to see the inside,
111		right so if we see the inside who who who is the first first let's talk about this guy over here
112		that we're drawing we know that okay this guy we know he's part of that pulley system and he's

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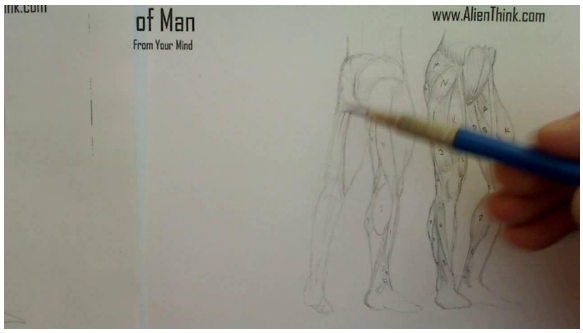
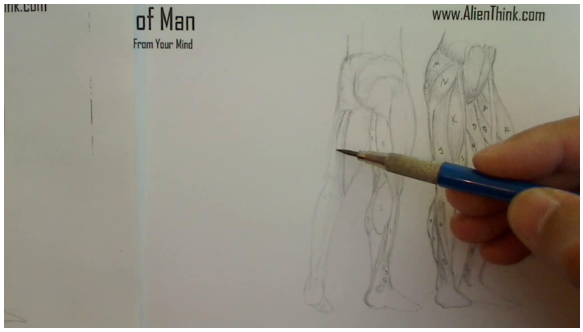
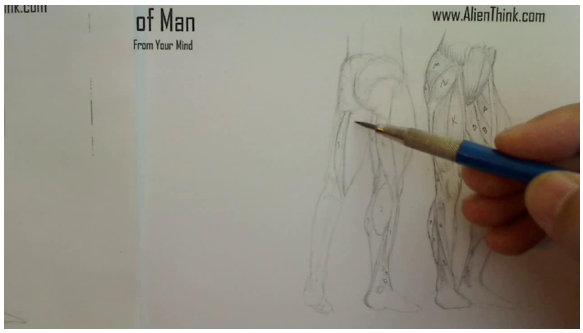
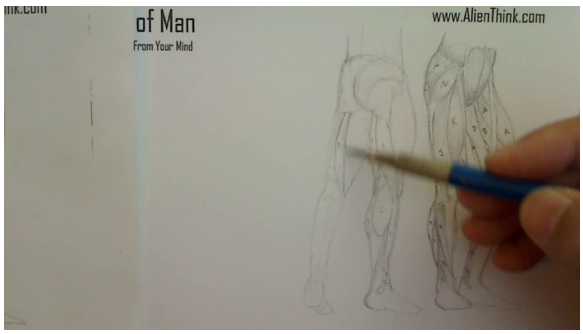
113		going to be muscle F over here, right so he's just going to be going kind of like this, I'm going
114		to make him kind of like a little big over here, he's going to be muscle F, and then over here
115		I know that okay if this is muscle F over here I'm going to see a little bit of G, right I'm
116		going to see a little bit of G coming in like this over here then we already know that right you're

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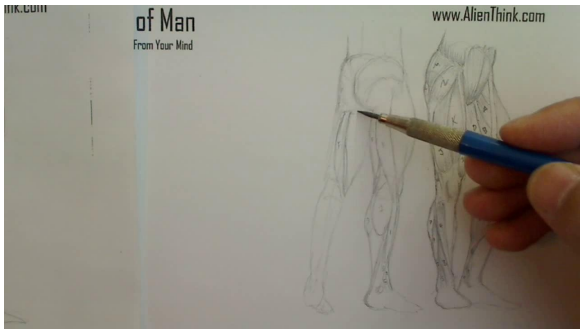
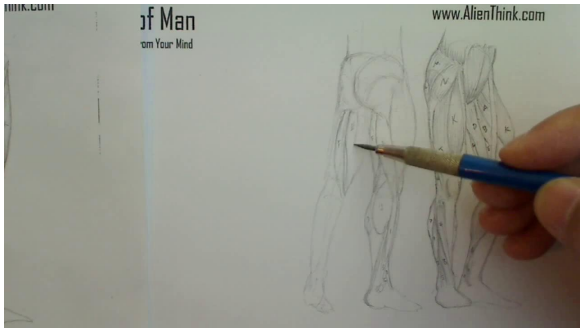
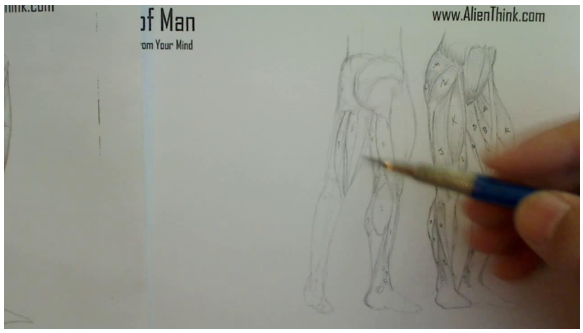
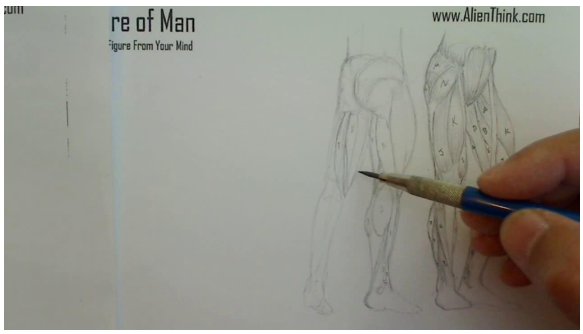
117		going to see E over here because you're seeing E over here and then D, right so you're just going
118		to see D over here, right I'm just going to start to get the ideas for a D right over here,
119		so who would we see next to D over here, right we're going to see a little bit of I, right because
120		we're seeing the starting to not right so now remember this is the femur so okay I see what's

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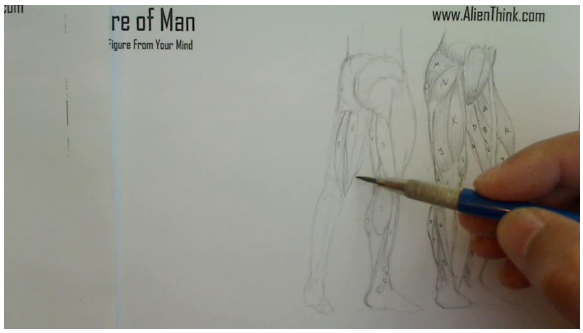
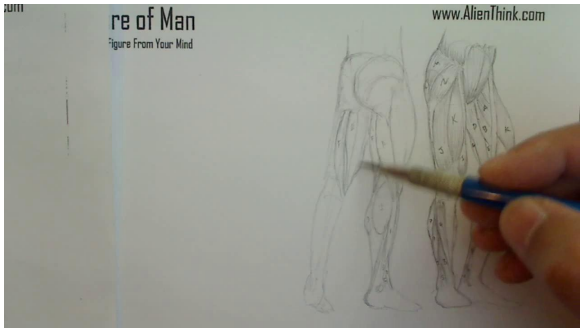
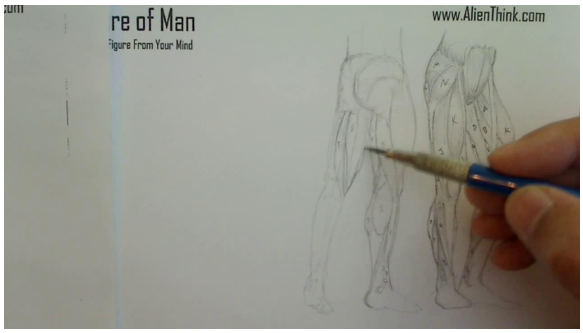
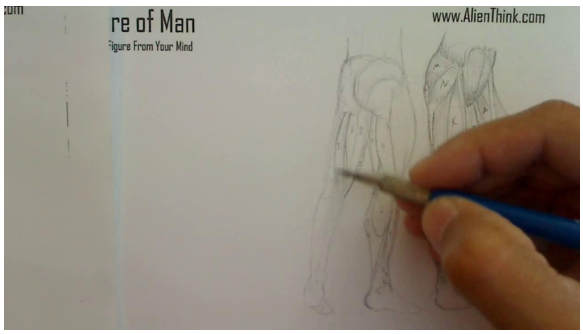
121		going on now I'm going to start to see a little bit of I from the other side and basically that
122		strap is going to not be coming the way and I'm just going to get this right there's
123		it's just going to go in that way so here is D this is I over here
124		okay so over here we're now going to get that division again right we're going to get

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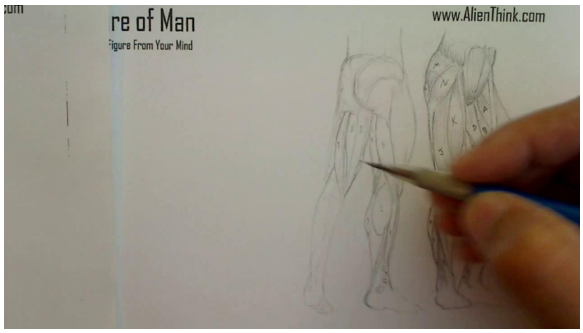
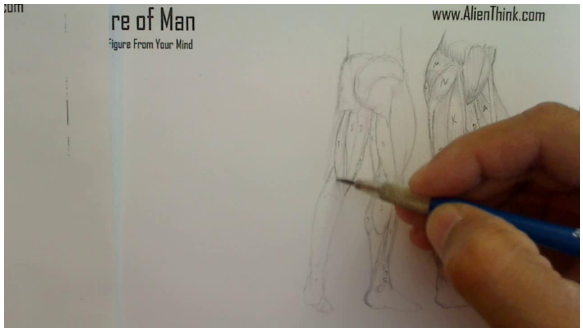
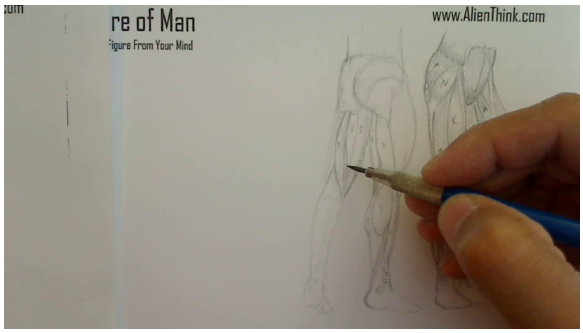
125		uh so here when we draw out F right just know that okay well I G was uh we're going to get like
126		G a little peeking through but I mean you're not going to get to see him but you will you will get
127		to see him over here right so just know that these are kind of like big over here so here I mean
128		you can still oh we can kind of show it doesn't really matter because we because this actually

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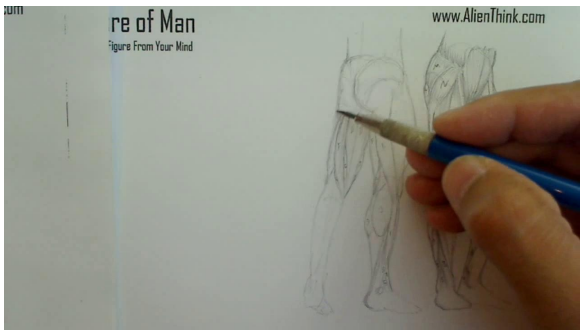
129		this muscle is going to go kind of like this so we could say that okay look I'm going to get a little
130		bit of G over here then over here I'm just going to get a muscle H over here and basically I'm
131		going to be done with it because over here I'm now going to get that idea here for the side
132		in it's just going to go like this from the side over here right because this is the

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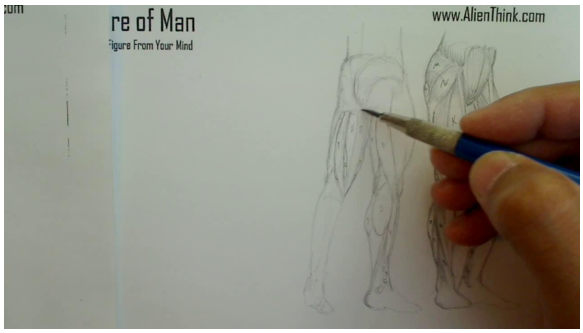
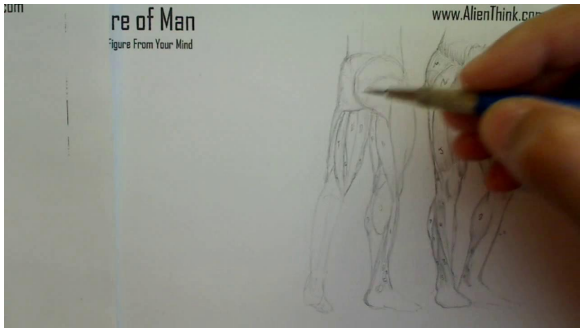
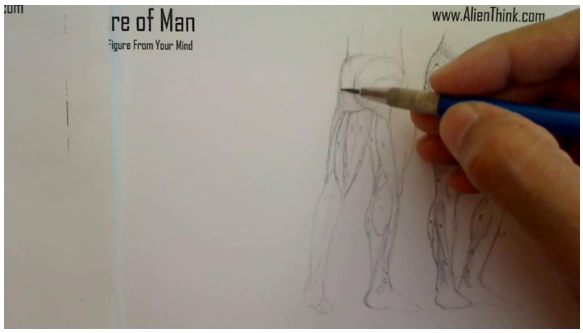
133		uh the area for the for the for the buttocks over here going in this way right so this area here
134		remember this is kind of facing towards us so we're going to get these muscles here for the buttocks
135		and we're going to see like a little bit of a dip it's going to go like this and we just got
136		to understand right he's going on the the pelvis bone over here right so this means okay so this

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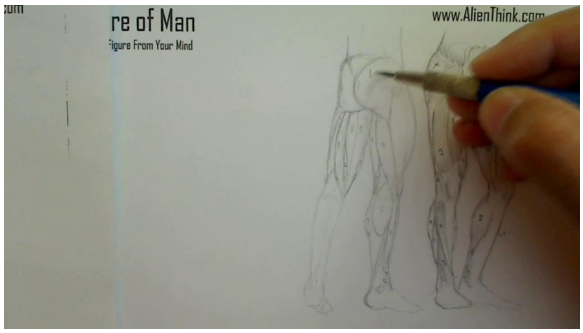
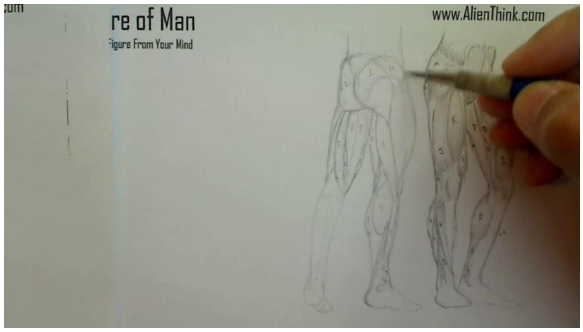
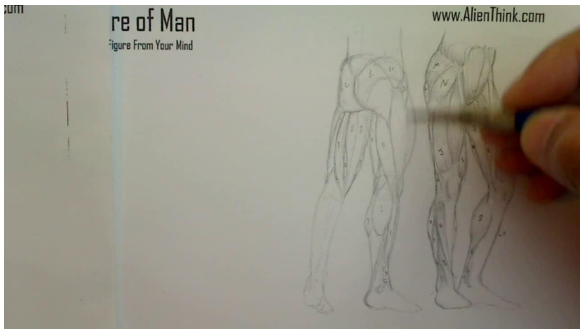
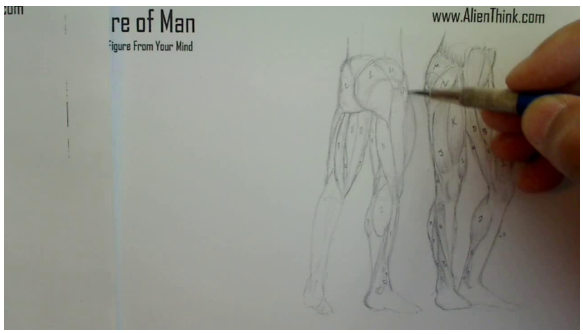
137		is L over here L so when do I get to see M and I'm going to get to see M right over here right he's
138		going to be M over here then over here when we come over here I'm going to see N over here
139		right so everything's just working out the way we want it right I'm just going to be like this
140		and you're not going to get to CK because it's just too far off right okay so uh this is going to

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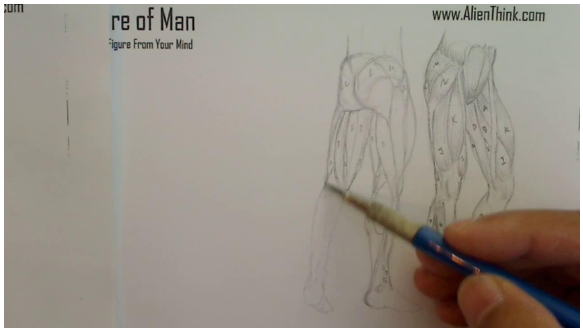
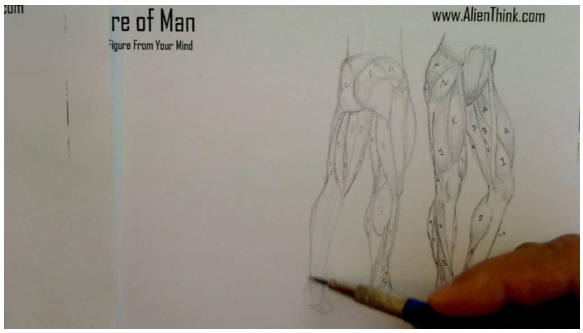
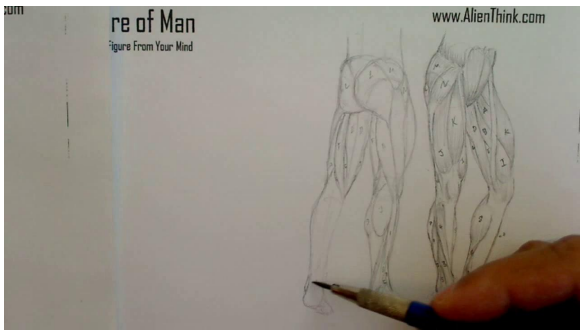
141		be H over here okay so now we come to the rest and we're this is going to be easy so here we're
142		going to now get this calf muscle over here I'm just going to do it this way and just come down
143		this way I'm going to get into the uh the ankles over here and this is going to be the heel
144		okay then over here I'm going to get okay right so this is the fibula and even here I'm just

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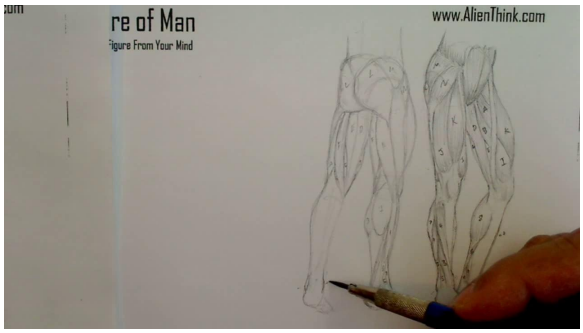
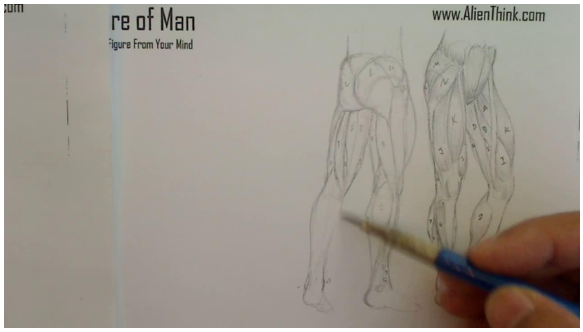
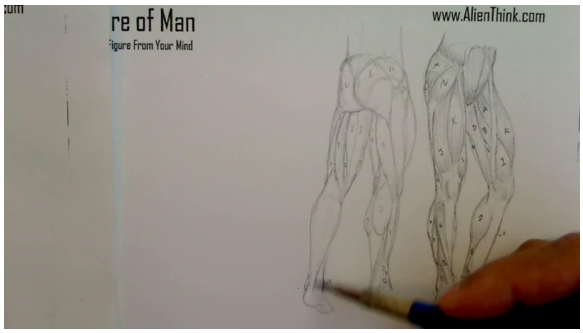
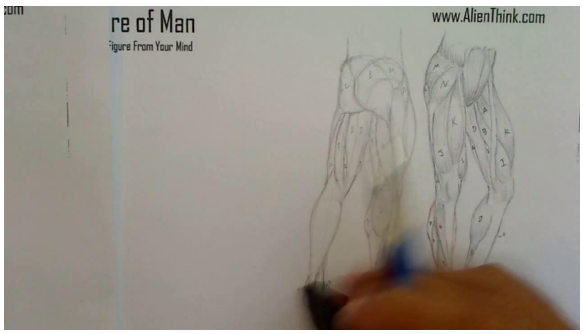
145		making it kind of on an angle over here I'm going to get the tibia right so from here I'm going to
146		get my uh my my calf muscle over here to come out so this is over here going to the heel right so
147		this is why you'll get these lines here now for the the area for the heel over here right okay so
148		here I'm just going to clean this up because I just need to feel my way through this over here so

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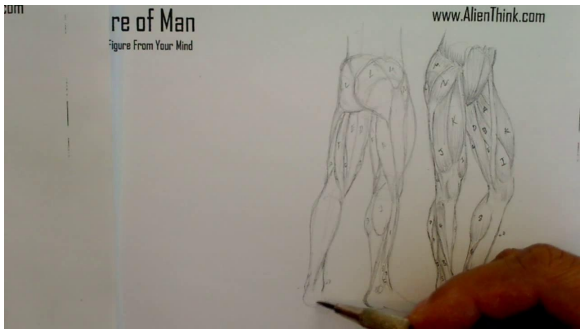
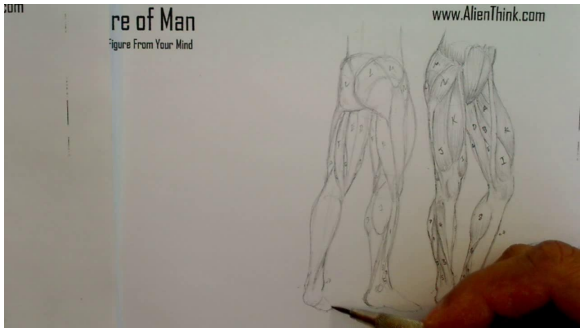
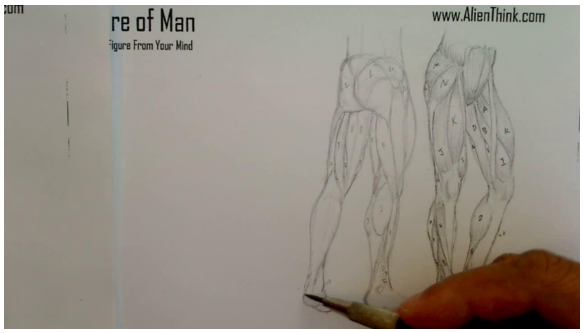
149		okay I got the heel over here what I want to do with this foot is really just make him go kind of
150		like in in this direction over here that it's just going down away from us right so this will
151		give us a better idea for the heel so what happens here is that now we got to think about the muscles
152		over here for the calf we're knowing that okay it's coming out from the the femur over here

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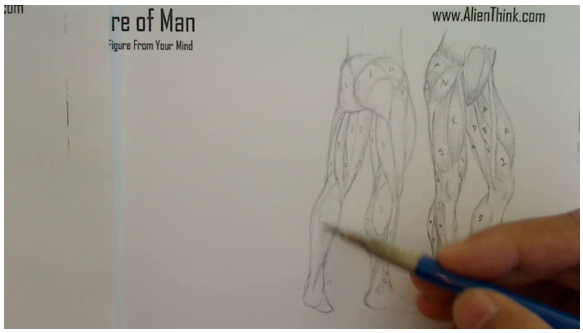
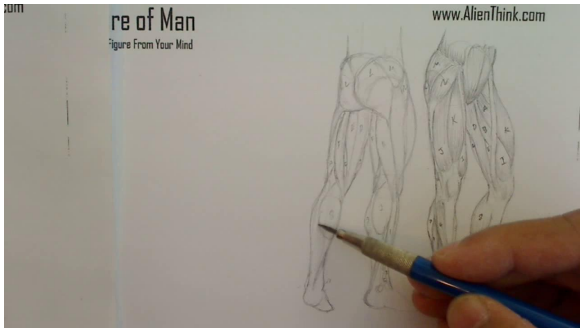
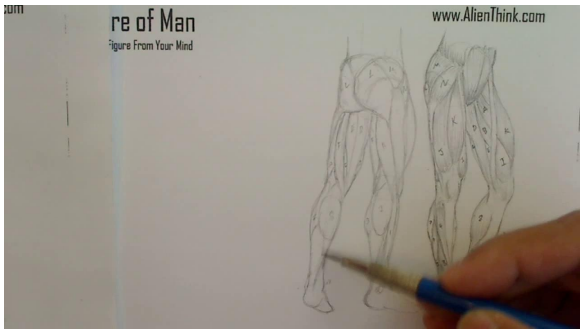
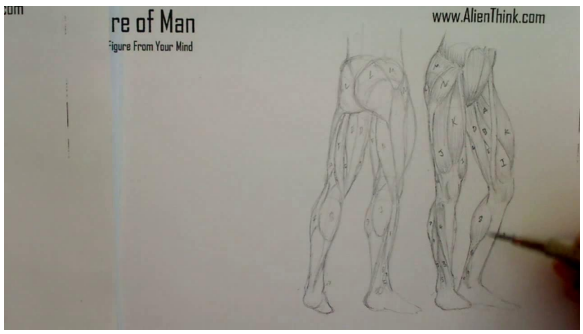
153		then I'm going to get this muscle over here like this and he's going to be eight right so now
154		what's happening is automatically we understand what's going on in in the muscleing numbering system
155		also right it's just automatic now there's going to be seven so now when I get eight right just
156		examine this you're going to get uh we got six so really we're not going to see him right but we

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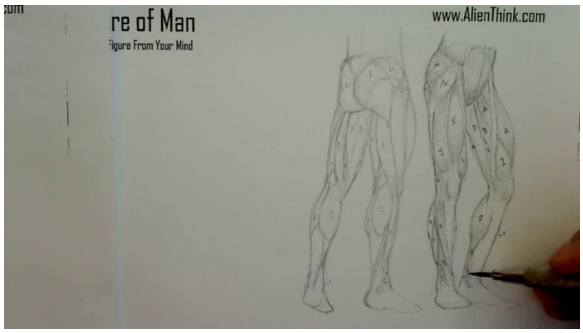
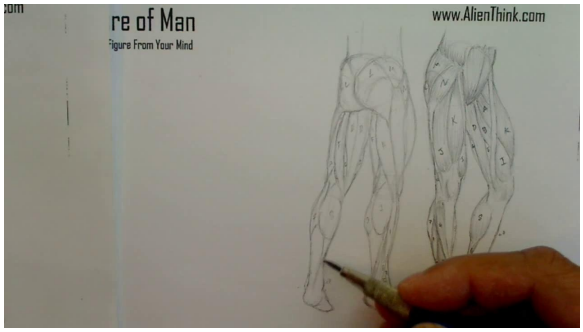
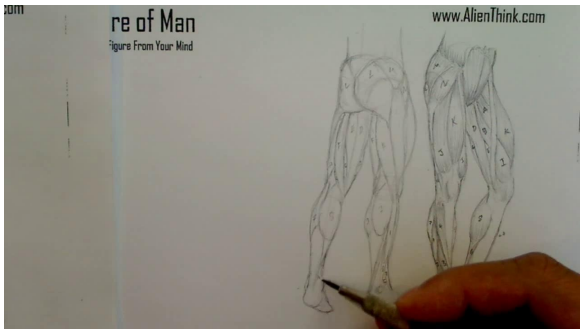
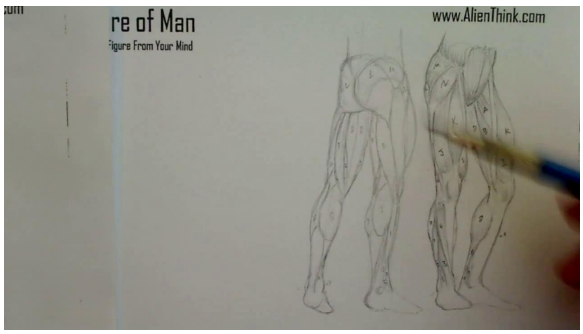
157		then we said okay well don't forget about forget about nine and ten so if we examine this
158		you can just say that look this is way too close but okay we'll just give nine and ten a space
159		over here because we're really coming more in the back this way so now we figured out the uh
160		the structure from the the back right very easy very easy stuff to do it just takes a little bit of

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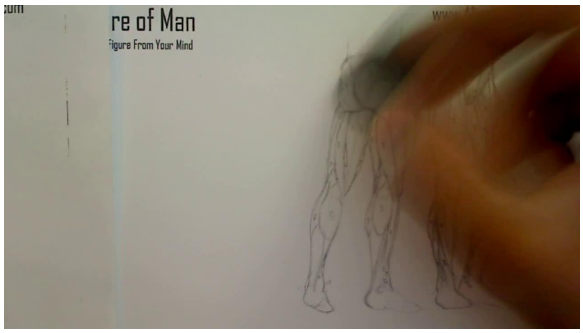
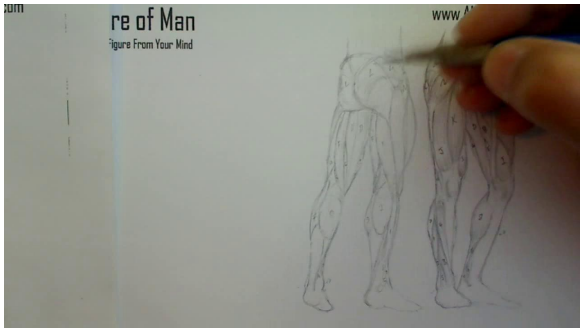
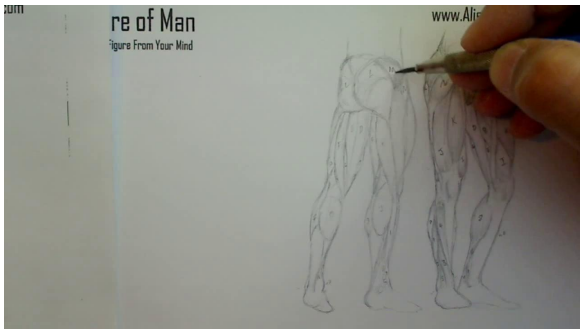
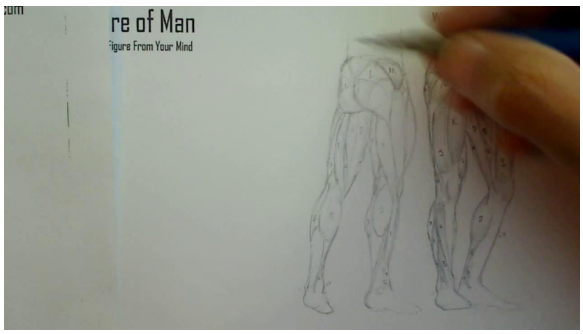
161		work to just get the concepts around these ideas to work so here remember this is the dip over
162		here I'm just going to do create M over here like this doesn't work through this pretty fast here
163		and get the concept here right so now remember this this is here and this is the
164		uh i'm gonna give you the the buttocks muscle over here and he's going to come in right in here

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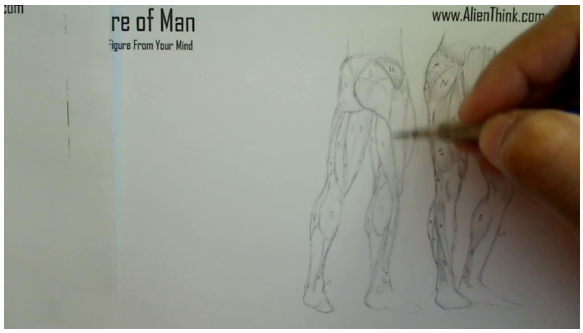
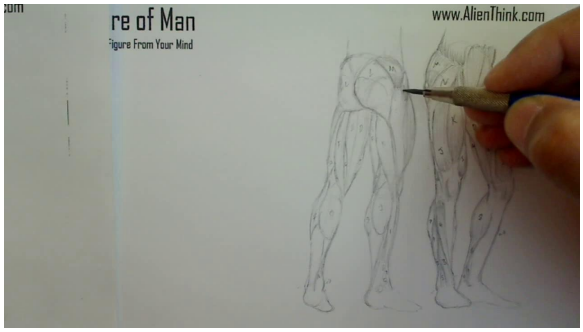
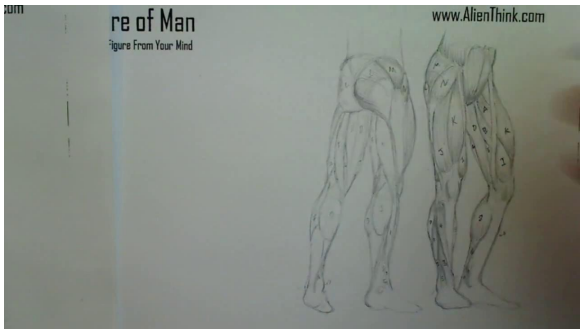
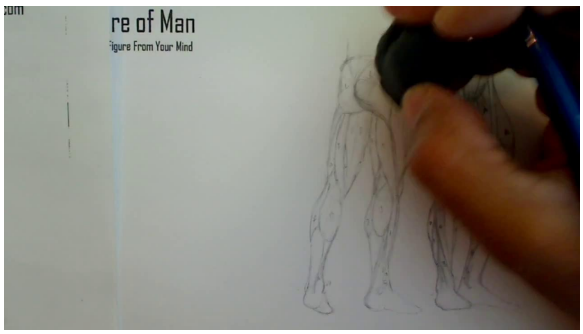
165		where j is then he becomes a strap over here like this right so this is j
166		and this is in
167		nice
168		here are some of these lines here

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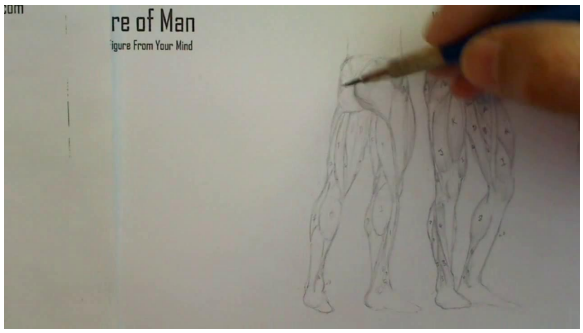
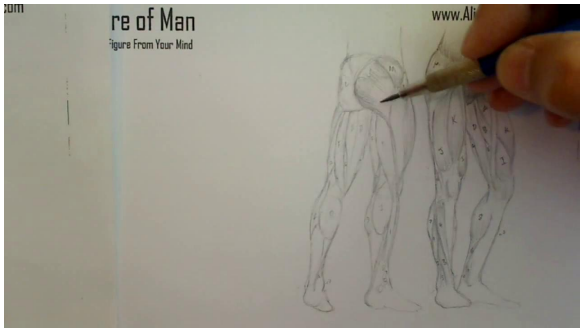
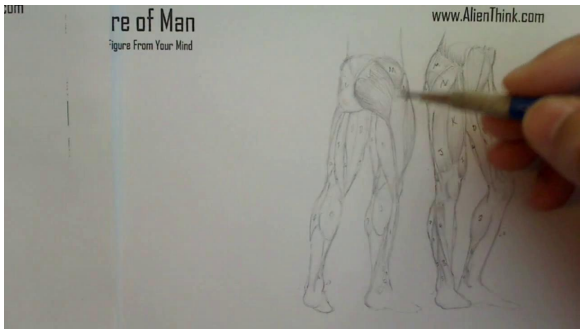
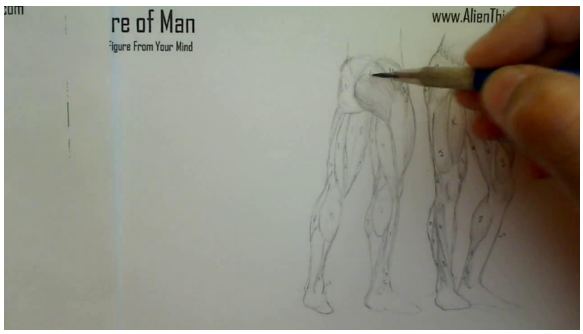
169		I'm just going to make him a little more shaded from the bottom
170		and just go like this so right so this stuff here near where I'm showing you the
171		the area for the buttocks all this stuff is really just kind of like a whitish area right so
172		you can refer to get anatomical books for that we don't have to go into that much detail

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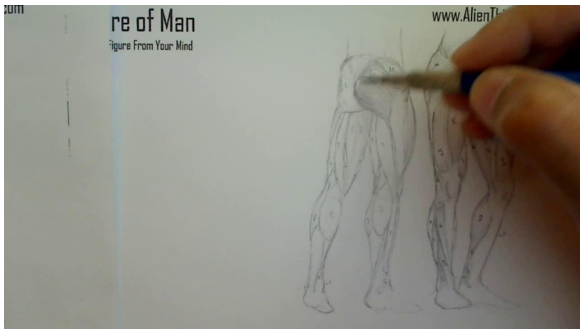
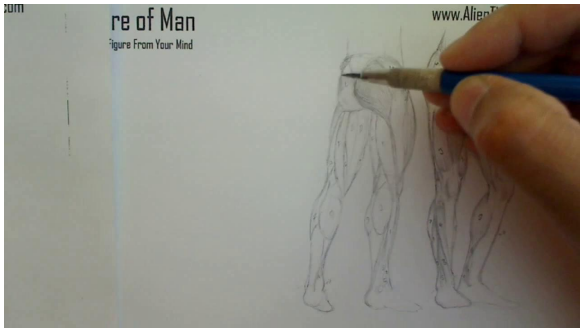
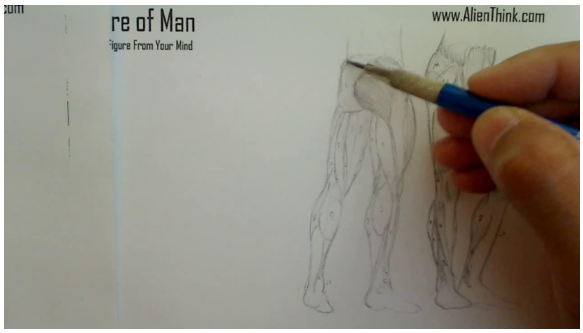
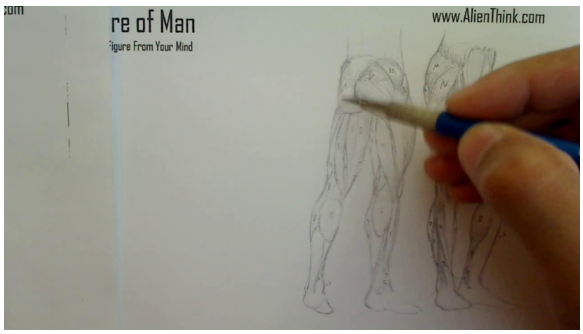
173		in in that area right so here I'm just gonna get the um over here I'm going to actually get a
174		little bit of M from this side here right because it's he's kind of like almost here towards us
175		we're going to see M a little bit of M over there right then this is L
176		again you're going to get that dip over here

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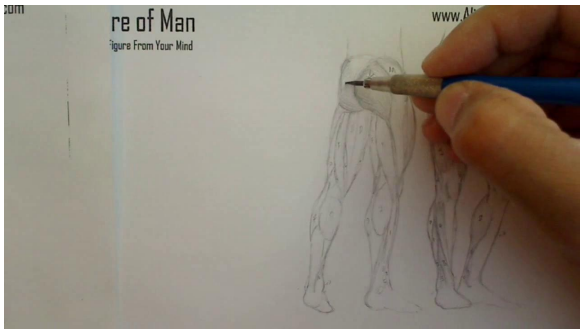
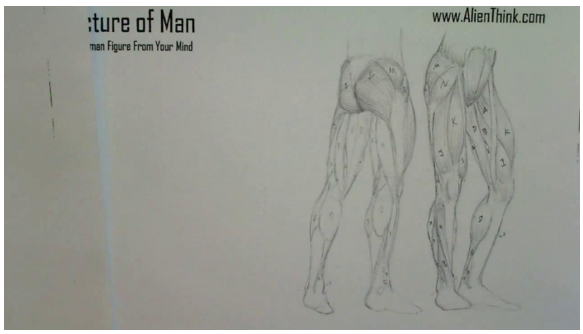
177		you
178		right and then where where this muscle is going he's going this way right so you're going to get
179		a j over here that's what's going on over here it's going to come j this is how
180		close j can get right

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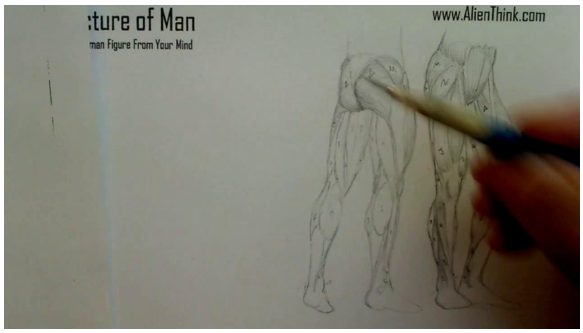
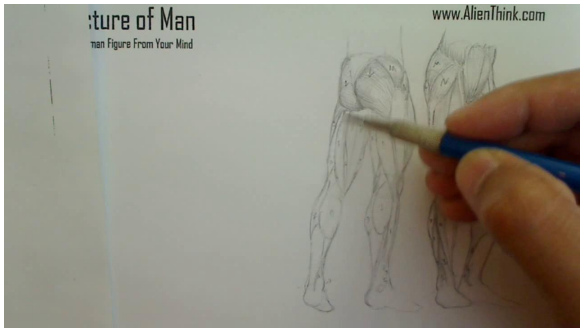
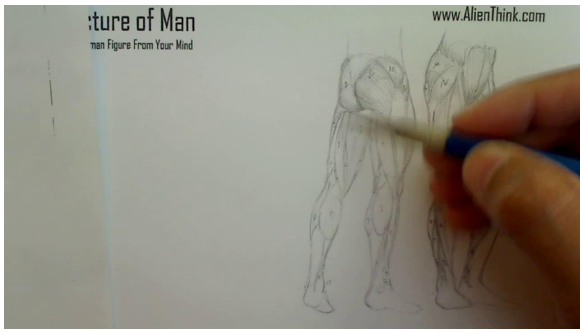
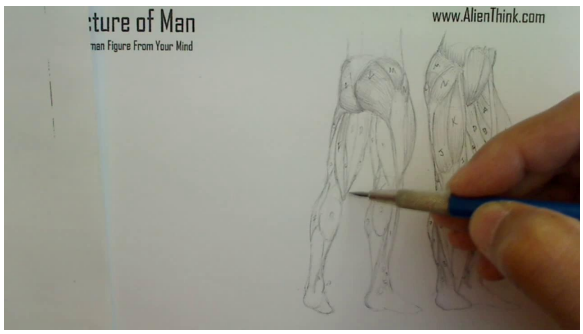
181		wait so but basically here just do it this way not to get that crazy
182		over here I'm just going to get f over here
183		remember this is the string system that d is going to become the string system in here too
184		right so you're going to get more of a bump over here and then you're going to get the bump

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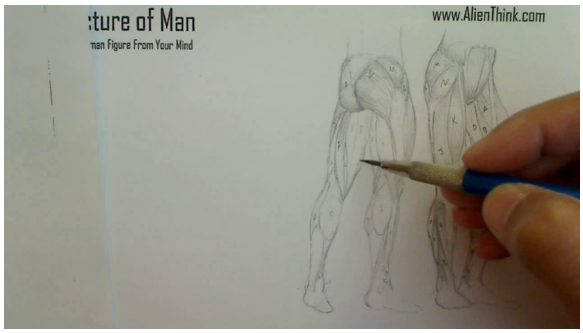
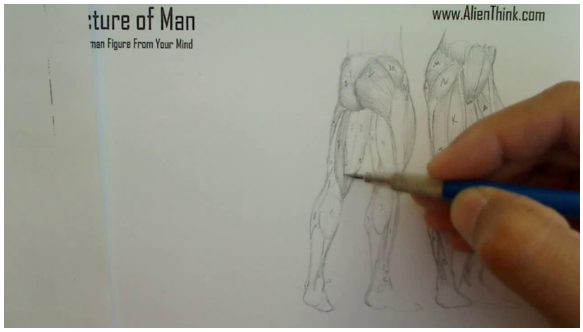
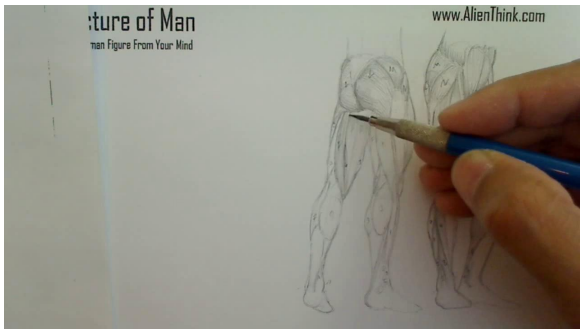
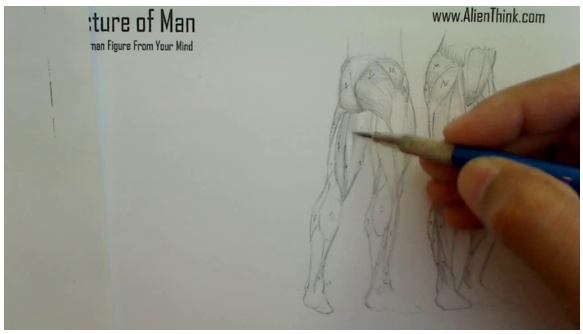
185		over here for i
186		here I'm just going to get j over here right I'm just going to lead that b in there that's just
187		going to be a light version and over here it's just going to be e over here
188		this is f

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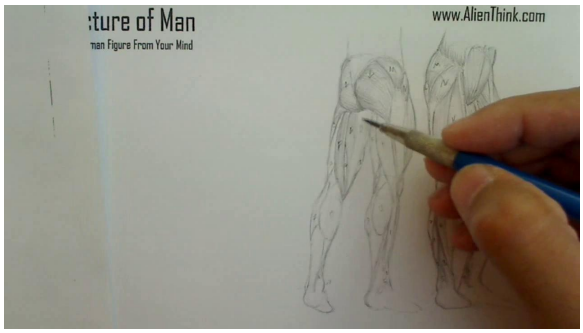
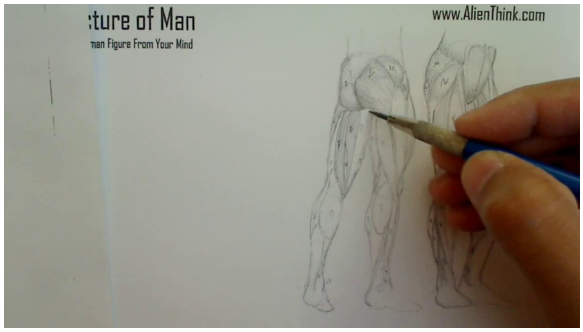
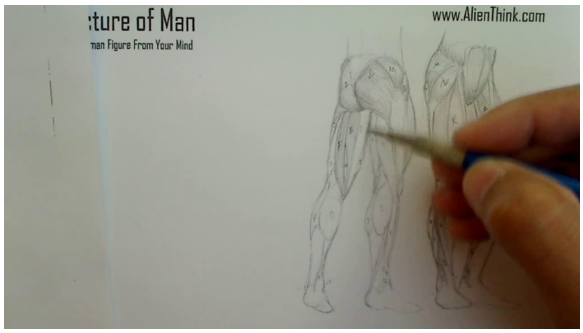
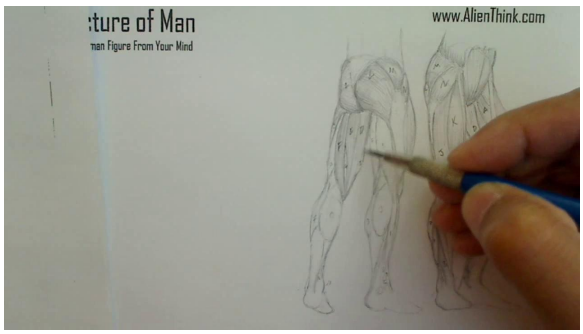
189		and this is here we're just going to say that okay this is going to be
190		d over here and all of this is just going to be more dark in that area
191		right so here we're just going to get d
192		and here this is going to be i

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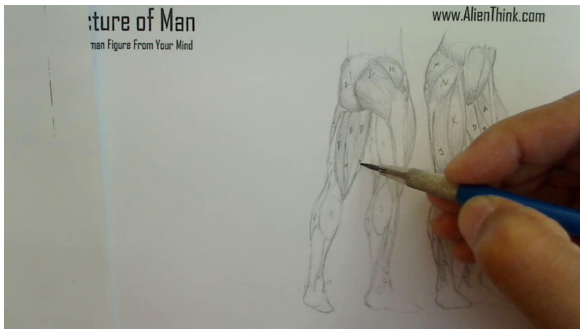
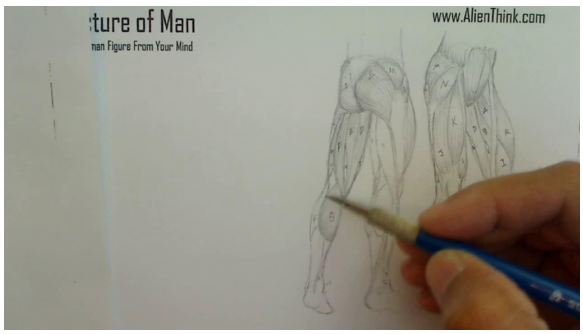
193		if the menu over here there's going to be h
194		i'm going to put h over here so you can see that
195		and then over here we're going to get eight
196		and here it's just going to be seven

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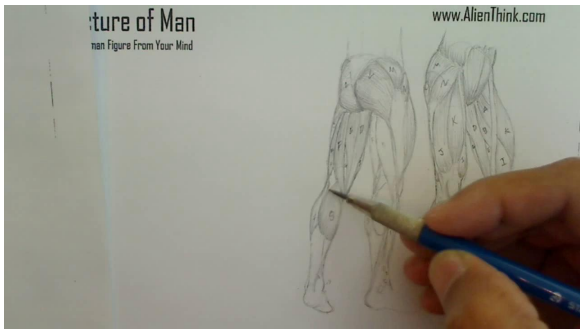
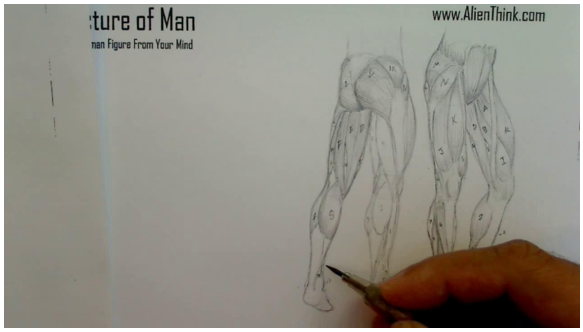
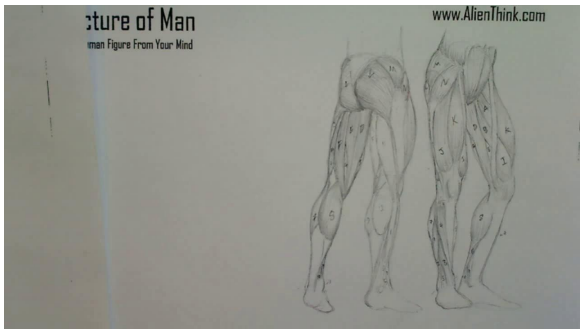
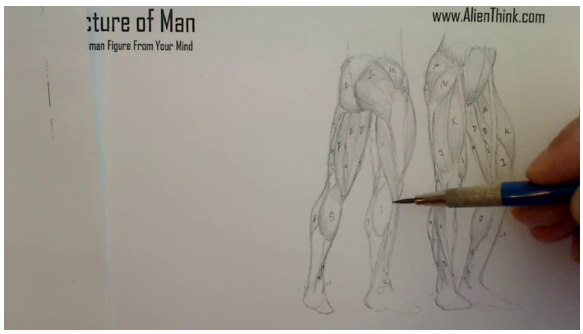
197		then here we're just seeing
198		then you're going to get nine and ten but it's going to be really tight over here okay
199		here i'm just going to get h
200		and h is going to the fibula

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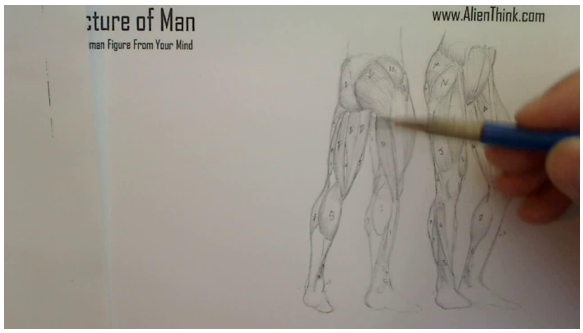
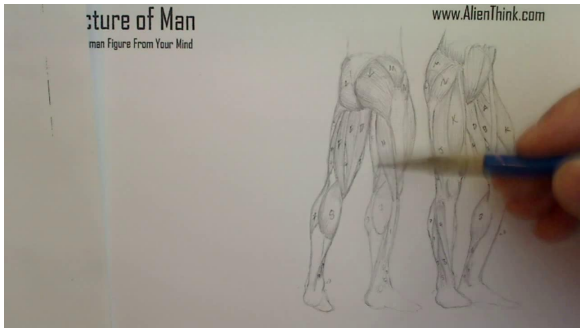
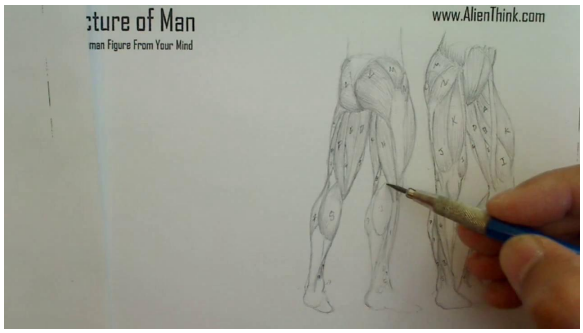
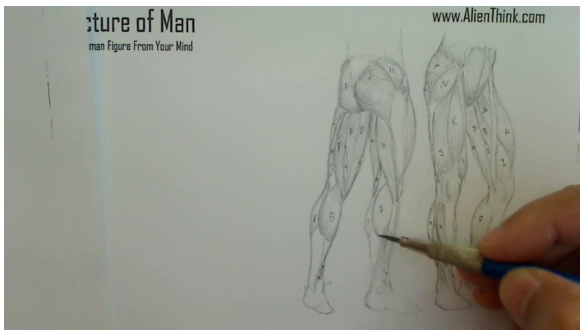
201		here it's just going to be f
202		right and then here we're saying that look you'll see a little bit of g coming in
203		and here's just going to be seven
204		and

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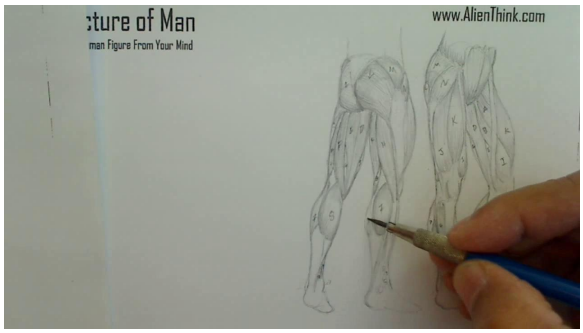
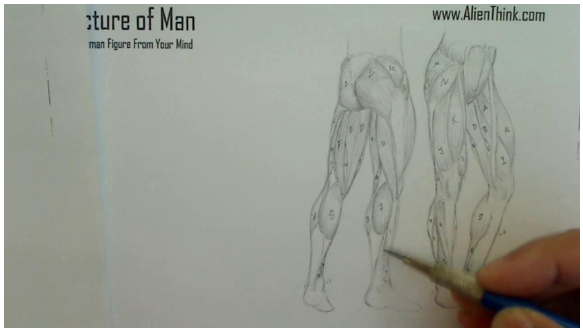
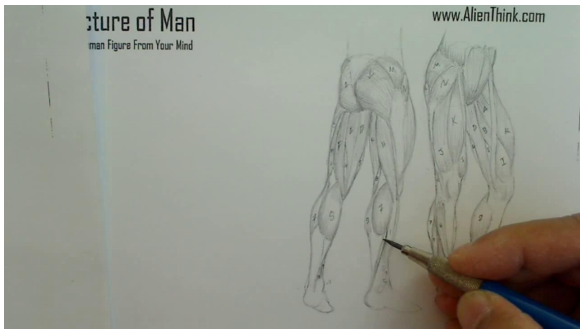
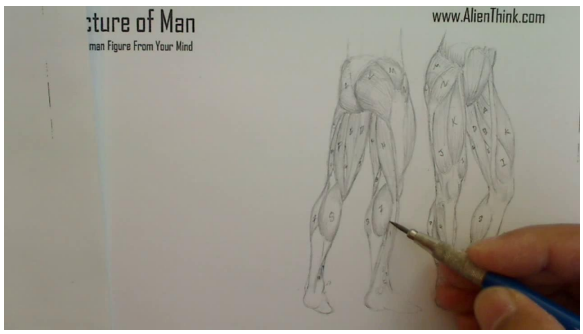
205		i'm just going to be eight
206		then here i'm just going to say okay i'm going to actually just do this
207		and say that this is going to be six over here okay well it's going to be hardly seen
208		right but we'll just say that this is six and it's all going into the here

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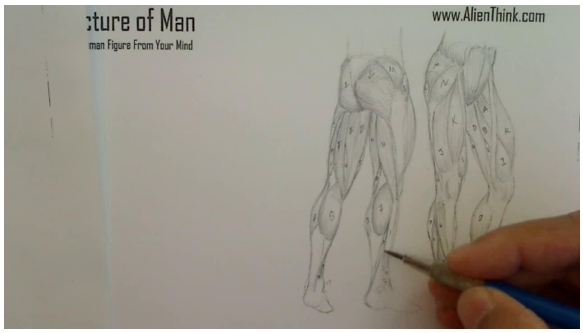
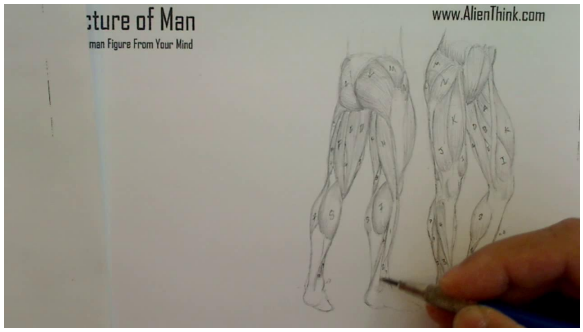
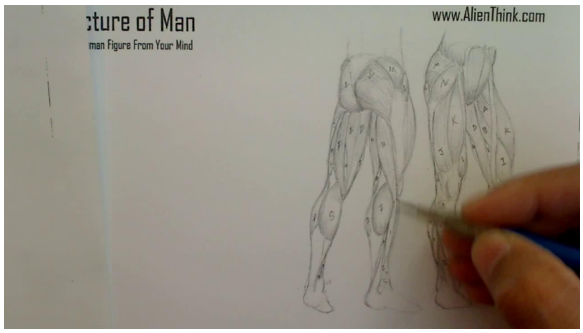
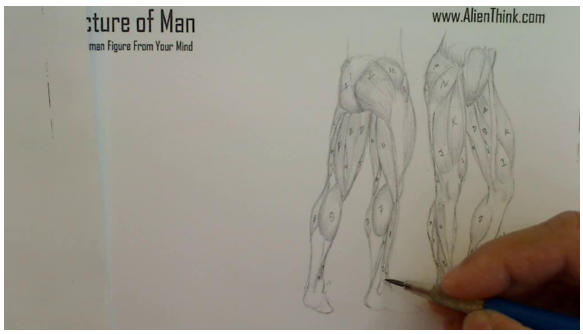
209		so here we already know right you're going to get two and then one right so really it's just
210		going all the all these are just telling us going around over here i'm wanting to
211		i connected to the side of the fibula one and two and you got three
212		and we got five okay then over here we're just going to make keep this as like this white

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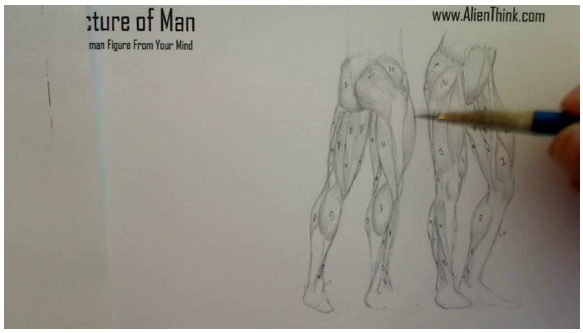
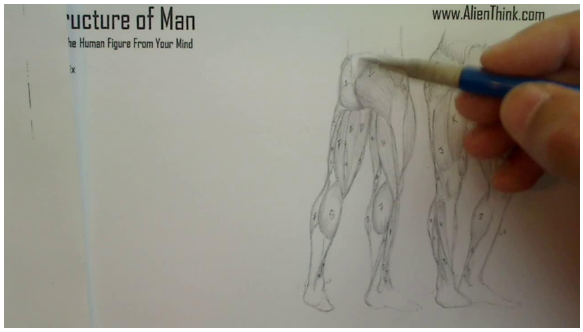
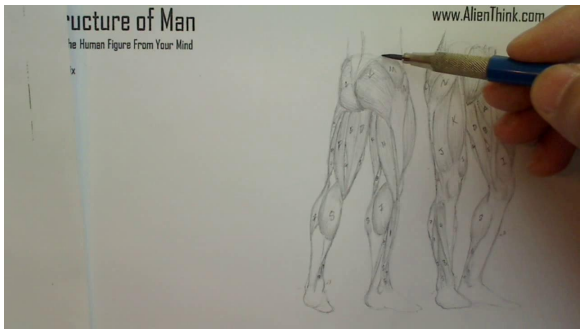
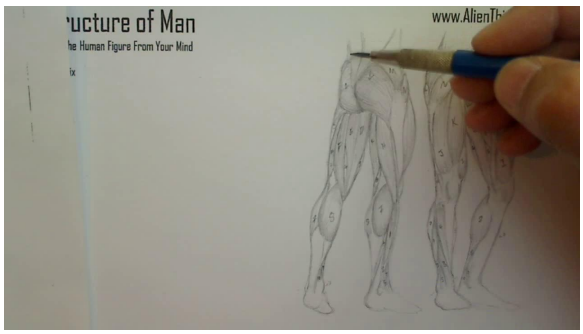
213		white strap over here on the side okay so here we've pretty much understood this so now
214		just know that this is a this is going into the back of the the the spine area here right so
215		over here it's going to be your door side muscle it's just going to be going in this direction
216		over here and you know that the door side really stops being a muscle just about over here

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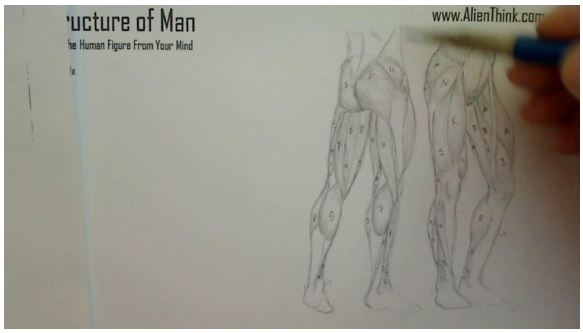
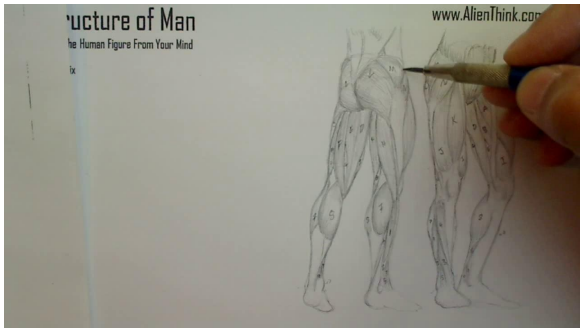
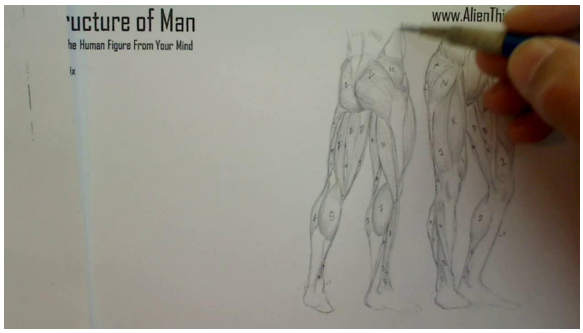
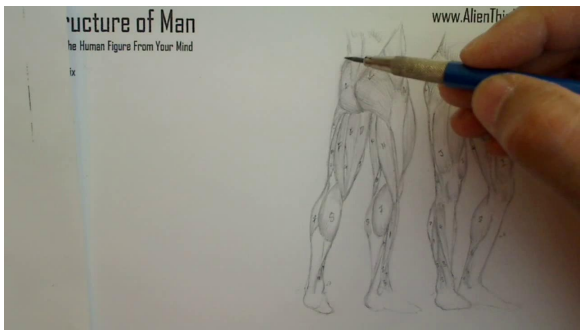
217		right and then this means that over here right here you're going to start to get your
218		your oblique muscles your love handles right and that's just going to go in this in this
219		way over here right so this part we'll also understand how this is going to connect
220		right and you'll see like a little bit over there right so understand this this is this the

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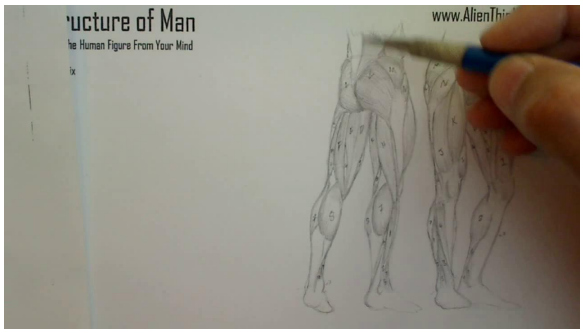
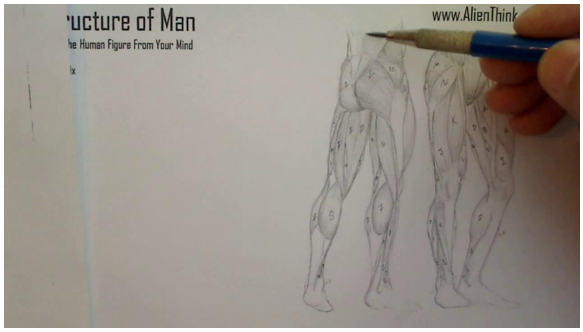
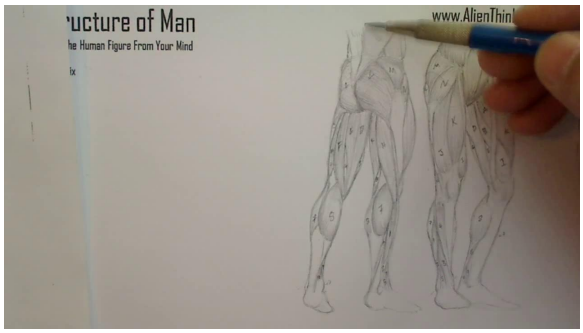
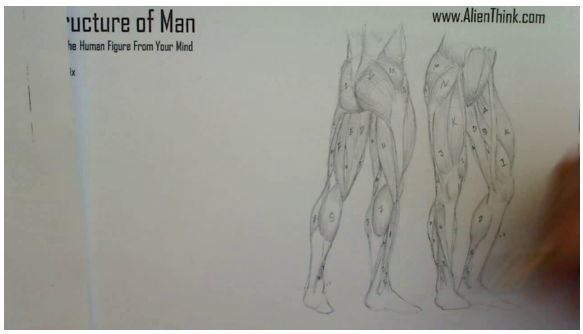
221		curve area here is going to be here right you're going to get like this dip in the spine
222		like this it's going to be a dip and it's going to be coming right here
223		that's what happened over there okay so I'll see you in the the next lesson so here I'm just
224		going to wrap this up didn't actually finish this foot over here so this foot is just basically

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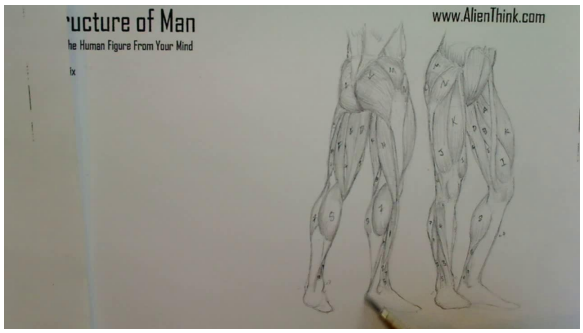
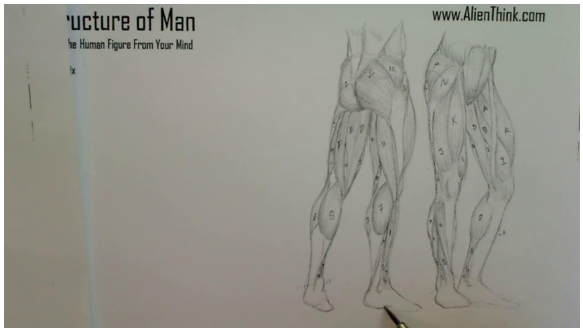
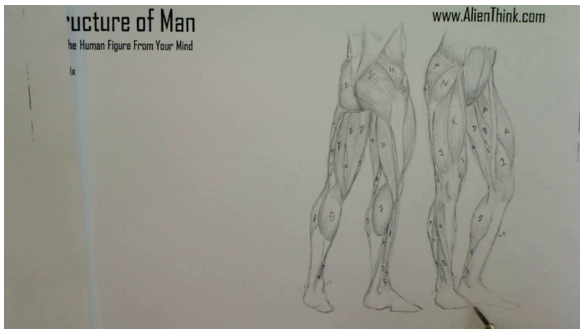
225		going to be like this over here and then we know how to do this one from the side right
226		panel about this the idea for the bone over here and I'm just going to make it like this
227		okay so I'll see you in the next lesson thanks

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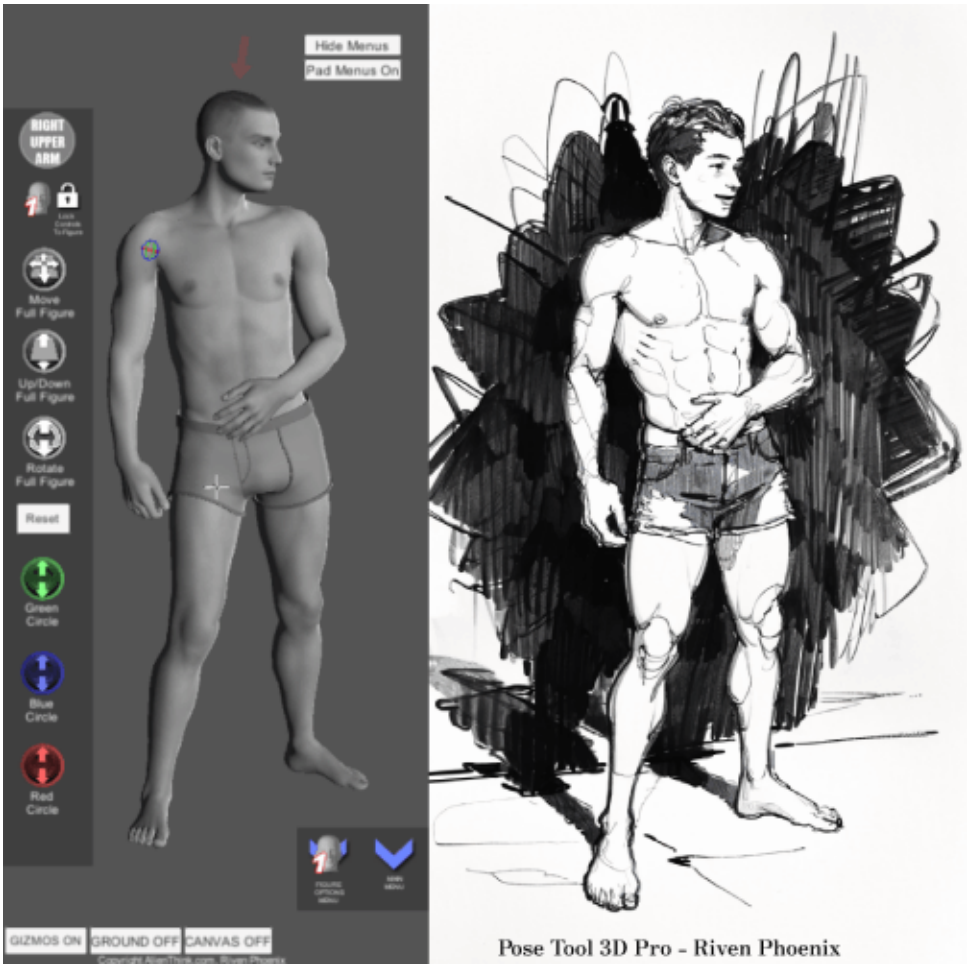

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